

Project: **'Reflections of trauma, challenges, and healing: An oral history'**  
 Respondent: David C  
 Year of Birth: 1957  
 Age:  
 Connection to project: Respondent  
 Date of Interview: 19<sup>th</sup> of May 2022  
 Interviewer: Lynn  
 Recording Agreement: Yes  
 Information & Consent: Yes  
 Photographic Images: 1  
 Length of Interview: 30 minutes and 2 seconds.  
 Location of Interview: East Dunbartonshire Voluntary Action, Kirkintilloch.  
 Recording Equipment: Zoom H4n (internal mics)



Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.30	Interviewer asks the respondent where he was born and where he grew up. She also asks where he lives now.	
0.35-0.40	Respondent replies that he was born and brought up in Glasgow and now lives in Glasgow.	
0.45-1.16	Respondent replies that he grew up in the sixties and did not have any of the gadgets that kids have now. He says that they had to make their own fun and that he spent most of his days out with his pals.	
1.17	Interviewer asks if the respondent has any distinct memories.	
1.18-1.51	He talks about playing football on the big field at Mansewood. Large crowds of kids would turn up and it would start around 9 in the morning and go on until the last person went in, or they couldn't see the ball anymore.	
1.52	Interviewer asks what defines the respondent in their opinion.	
1.57-2.10	The respondent replies that that is difficult to answer. He then says that it is things that he has been through, more or less, that define him. Things he would rather not have been through but he has been.	
2.12	Interviewer asks the respondent to tell her about his understanding of the term trauma.	
	"Trauma's one of these things that you can't define definitively. Because it's so different to different people. I mean you've got trauma that is obvious like post-traumatic stress disorder. If you're in a war and you're shooting people that is going to affect you. If you're in a war and people are shooting at you that is going to affect you. And it's clear that it's going to affect you. But you can have trauma without even realising that you're having trauma. If you're brought up as an abused child, for instance. And that's all you've known is abuse. Then you don't know that you're traumatised. Cos that's what you're used to. So, to define trauma...It's not an easy thing to do. It's individual."	2.16-3.09
3.09	Interviewer asks the respondent what in his opinion are the main causes of mental illness.	



3.14-4.11	Respondent replies that it could be anything. You could be born that way. More often than not it's your own life experiences. He talks more about how if you have been abused you don't realise that anything is wrong as a child. He says it's very difficult to answer questions like that and he doesn't think that even the experts can answer that.	
4.12-4.18	"I mean, back in the sixties there was no such thing as trauma. You were just told to get on with it."	
4.21	Interviewer asks what the respondent's immediate reaction to his trauma was.	
	"Well, my reaction to my trauma was I didn't rea...Again, I fall into the category... I didn't realise I was trauma'... You know, I was going through trauma for many years. It wasn't till years later that I realised. And when I did realise...If you pardon the French, I was bloody angry. And it wasn't till I went to a meeting in the AA and listened to somebody talking about their experiences that I realised. I just sat there and listened to her and I thought-That's me. And as I've said to many people... I always kind of lived my life with butterflies in my stomach. But see listening to her talking. The butterflies went. They just disappeared and they've never come back."	4.26-5.27
5.29	Interviewer asks the respondent if he feels his life changed after that day in AA.	
	"Totally, absolutely totally. Because I suddenly realised... Things that I'd been...It's been something that I suppressed so deep. That suddenly got me having to process it properly. It's something I'd never processed in my own head. Cos it just...Unfortunately, I come from a family that just don't really talk to each other. Don't get me wrong we are very family orientated. I.e. My family would do anything for me in that respect. But when it comes to emotional things...We don't communicate emotionally."	5.31-6.26
6.29	Interviewer asks the respondent if he received any support for his trauma from family and friends.	
6.36-7.09	He says he never told his friends and that he didn't have friends as such just acquaintances. He wouldn't let anyone get close to him. He ended relationships before they even started because he couldn't let anybody get that close to him.	
7.12	Interviewer asks if the respondent received professional support for his trauma.	
	"I've seen counsellors. That's something, as well, that I'd like to see. To make it easier for people to get counselling, because a lot of people are put off because... in my particular situation, I phoned the Glasgow...Anyway, it's the alcohol counsellors. And I phoned them and I got through to them eventually. And they started asking me a whole load of questions. That's fine. You know, that's ok. And then she would say...She told me that somebody would get back to me in the next couple of months. I went-'No! I need help now! Not in a couple of months' time.' I might not be here in a couple of months' time. So I need help now!' And fortunately it did work, because I got a phone call from them giving me an appointment. And I went to the appointment. And then I got hit with this female sitting there asking me the same questions that I'd just been asked over the phone. Why? Do you not keep a note of the...Do you think I'm going to give you a different answer because I'm talking to you face to face rather than over the phone. The questions you're asking me. You'll get the exact same answers as I gave to the girl on the phone. So, to me, this is wasting my time and yours."	7.15-9.08
9.12	Interviewer asks the respondent if he has experienced poor mental	

	health as a result of his trauma.	
	<p>“Yes, from the point of view...One of the things...When you said about support from my family. To give you insight into it. I was abused by an uncle who was a paedophile from the ages of about nine till about twelve. And I always thought my mother and my family didn’t know about it. So, I was keeping a secret. It wasn’t till I was well into my twenties that I realised-they did know about it. And they did nothing. Not only did my mother know about it but she, more or less, positively encouraged it. When you know you’ve got an uncle that’s a paedophile. Would you send that child to go and play with their uncle on their own? No! I’d be going to that uncle...If that was my child...I’d be going to that uncle and saying-If you lay one finger on him and you’re a dead man. And then it wasn’t till many years later that I found out my sisters knew about it. And they did nothing. I’m the youngest. They did nothing. And then the way I was treated by my sisters and so on. Was the fact that I was always made to feel useless, worthless. And it wasn’t till I was listening to that woman, in the AA, that I realised why. And the simple answer to that. It’s very, very simple. They can’t be at fault. So, it had to be my fault. I’m the bad guy. When, no I’m not.”</p>	9.27-11.20
11.23	Interviewer asks the respondent what types of professional care or treatment he experienced.	
11.29-11.49	He replies that he had alcohol counselling in Glasgow and East Dunbartonshire.	
	<p>“And, I must admit, especially the Glasgow...I was lucky. I got two very good counsellors. And I was seeing both of them at the same time. And they both knew that I was seeing the other. I didn’t keep it a secret or anything. And they both helped me in slightly different ways. But they all... you know, to the same outcome. And I’m very appreciative of it. But, I can understand why there are people that are put off counselling. Because it can take you...You really have to push for it and that shouldn’t be the case. You should be getting it. Cos you don’t know what somebody who’s going through trauma is actually experiencing and how desperate they are. I wasn’t quite that way. I wasn’t suicidal. But they don’t know that.”</p>	11.50-12.49
12.50	Interviewer asks what treatments the respondent found most helpful.	
	<p>“Just talking things through. Just the counselling. I saw my doctor he gave me pills for...anti-depressants. The dosage he told me to go on to was woah, knock you out stuff. So, I pulled that back. Other than that it was just really counselling and it’s nice to be able to...One thing I found and it’s the same within GRACE. Is one thing you learn is that a lot of people...they know what the answer is. They just want it confirmed. They just want to talk about it. Just talking about a problem. The old saying. Talking about a problem is a problem halved.”</p>	12.54-13.46
13.47	Interviewer asks the respondent if there were any treatments that he tried that didn’t work for him.	
	<p>“Not really. It was just the counselling. The only thing about the counselling is that, as far as I’m concerned, there are too many constraints in counselling. I.e. You get twelve weeks and that’s you. You’re cured. No you’re not. That’s where you need organisations that you can go to, who can support you after that. You’ve made the start on the journey. But you need somebody there to keep you going. Help you along the way. Keep you on the right track. And hopefully you’ll get there. And, I believe I’m getting there.”</p>	13.51-14.29
14.30	Interviewer asks if the respondent is still receiving any professional	

	support.	
14.31-14.31.	Respondent replies that he is not.	
14.34	Interviewer asks if the respondent has ever felt stigmatised for his mental health and his trauma.	
14.39-15.13	Respondent replies that he did not feel stigmatised but felt paranoid as that is a side effect of alcoholism. That caused the butterflies in his stomach. Now he couldn't care less.	
15.14	Interviewer asks the respondent if he witnessed any discrimination towards others in terms of treatment.	
15.22-15.42	Respondent replies that he has never experienced any of that. In his opinion the organisations he has been involved with have not discriminated.	
15.44	Interviewer asks the respondent what he thinks of the mental health system.	
	"It's a lot better than it used to be. As I said to you earlier on. Back in the sixties there was no such thing really as mental health. You know what I mean. It was never talked about. It was...if you were... You know, if you were dyslexic for instance. That's one of the favourite ones. If you were dyslexic and you couldn't read and write properly. Oh, you were just simple. A bit backward. When I was at school...I'm actually should be left handed but I'm not I'm right handed. Because I went to school in the days when you weren't allowed to be left handed. You had to write with your left hand. And that's a form of control that should never happen. You should be able to express yourself in whatever you're comfortable with."	15.47-16.45
16.48	Interviewer asks the respondent if he looked for community support prior to coming to GRACE.	
16.57-17.07	Respondent replies that he didn't as he was working. If it hadn't have been for his counsellors especially the one from ADE (?) then he wouldn't have found out about GRACE.	
17.09	Interviewer asks the respondent how he first contacted GRACE.	
17.11-17.12	Respondent replies that the counsellor from the ADE (?) took him to GRACE.	
17.13	Interviewer asks the respondent what his first impressions of GRACE were.	
	"Well, I was nervous obviously. But, when I first walked in it was Robert and it was Agnes that were there. And the first thing they did was say- 'Hello. How are you? Come in.' And you don't realise how something as simple as that actually puts you, you know, at your ease. Just somebody say-Hello. How are you? Come in. Join us. So that's why I always try and do the same thing. I would never look...Never try and judge anybody. Especially not from first sight. I never have. You know. But... Because I've spent most of my life being introverted when I shouldn't have been."	17.16-18.03
18.06	Interviewer asks the respondent what activities in GRACE helped him.	
	"Well. When I first started coming to GRACE you had the sign language which having three sisters who are in various stages of deafness. Helps a lot if you can sign. I've always...I've never been into computers per say, but I kind of like to know. So, I started coming to the digital café. That's another story (laughs) completely different story. He's turned me into a nerd. But that's beside the point. So, there's lots of activities. I get involved in the food share. Which I didn't intend to but I did. That's one thing with Robert. If he finds you can do something..."	18.11-19.06

19.07	Interviewer asks the respondent if there are any activities that didn't work for him.	
	"Not that I can think of. Everything...Like I said, I've been introverted for most of my adult life. Well, most of my life. So, I was never one...If you were having a meeting I'd be the one sitting in the corner. Keeping quiet. Letting everybody else talk. Now, I don't mind putting in my...I went to The Foundry in Kirkintilloch and they hold sessions. It's the SMART (?) sessions. This is very helpful because it gets you to open up and talk about things. And share your experience with other people who have gone through similar things. And that's really, really good. And that's what's good about GRACE because you'll always find somebody who's had similar if not exactly the same experiences as you've had. Like I say when I saw that...When I heard that girl in the AA...It wasn't exactly what I went through but it was enough for me to identify with. And realise. That's why I'm so angry all the time. And I have to get that anger out."	19.11-20.27
20.32	Interviewer asks the respondent if he feels comfortable sharing his experiences with other people in GRACE.	
	"Indeed. Yes, I do. In fact that's one of the major points of GRACE is to share experiences."	20.36-20.51
20.52	Interviewer asks the respondent if he has made new friends at GRACE.	
20.56-20.59	Respondent replies that he has but that there are one or two pains in the backside.	
21.01	Interviewer asks the respondent if he has learned anything about himself whilst being a member of GRACE.	
	"Yes, I've learned to be more patient. One of my traits was because I was introverted; if somebody asked me to do something I would always try and do it as quickly as I possibly could just to get it over and done with. Out the way. But now I prefer to take my time and do it properly. Prime example is something as simple as painting the garage doors. Now normally paint...I'm giving them a quick wheech over and going that looks fine. And my sister would be going-'No, it needs another coat. And I would be going-'No it's fine.' The last time I painted the garage doors I gave them two coats. Then my sister came down and she went-'oh, that looks fine.' And I went... It was me that went. "Nah, it needs another coat. So, I've learned patience. I've learned compassion."	21.04-22.07
22.10	Interviewer asks the respondent if he has learned new skills at GRACE.	
	"I've learned to do sign language and I've learned computers. I can use an i Pad whereas before I didn't even know what an i Pad was. "	22.14-22.23
22.25	Interviewer asks the respondent if he feels his mental health has changed since being at GRACE.	
	"Yes, it's certainly helped me a lot. I'm no longer Mr angry.	22.27-22.35
22.36	Interviewer asks the respondent how he would sum up his experiences at GRACE.	
	"I would recommend it to anyone. Anyone that feels lonely. Feels...I mean, this is it... I mean, when I said before about the different types of trauma. Feeling lonely is a trauma. I used to deliver medication and quite a few of the times. We had to, to...Obviously we couldn't do it too much. You know you get people who. You might be the only person they've seen all day. So you've got to give them that five minutes to have a natter. Even though you don't have five minutes. You've got to. But that's a trauma on its own. And there's so many people who are out there that are like that. Now, if they could come to GRACE they wouldn't be lonely. But it's trying to get the message out there. Come. You don't...You don't have to be what people say 'mental' in inverted commas to come. Just	22.40-23.58

	loneliness is a good enough reason. To have a laugh.”	
24.02	Interviewer asks the respondent if he has had any long term impact as a result of his trauma.	
24.10-24.41	Respondent replies that he is only coming out of trauma now and this happened when he was nine and he’s now in his sixties. So there was a long term affect. He didn’t realise he had been through trauma. He says you don’t realise you’ve been through trauma until it hits you in the face until you really think about it and process it.	
24.43	Interviewer asks the respondent if he thinks its change his relationship with family and friends and people close to him.	
24.49	Respondent replies that it’s made him more assertive with his sisters and they realise this. He goes on to say that he realises that he is not the guilty party and he is not a bad person.	
25.16	Interviewer asks the respondent what his support system consist of at the moment.	
	“GRACE and me. My sisters are still of the generation of...I’ll get over it. Or, my sisters’ favourite one. If you’ve done something, you know, you’re feeling tired because of it. ‘Och, get over it. I’ve done worse than that.’ Well, that makes me feel really so much better. Cos of knowing that you’ve had worse. That makes the pain go away instantly.”	25.26-25.52
25.55	Interviewer asks the respondent what lessons he has learned that he would like to pass on to those that hear this interview.	
	“Me personally. I need to... I don’t know if anybody would agree. Or, how many people would agree. I’m an alcoholic. So, for me it was finding that first trigger. And I found out what that first trigger was. I was already depressed, already introverted and then I got into a job which I hated. And I was starting to convince myself that was the only job I could do. No it’s not. That is the depression talking. But I didn’t realise I was depressed. Because you don’t. You need it pointed out to you or you need to...Something to happen. And with me it was alcohol. I couldn’t. It came to the stage where there wasn’t a day in the Post Office. Cos I worked in the Post Office. That I was sober. Hence the reason why I say-I shouldn’t be here right now. I shouldn’t be talking to you right now. I should be six foot under the amount I was drinking. So, I don’t believe...I’m not a religious person. I don’t believe in the higher power. My higher power is other people. And that’s my higher power. I believe in people. But I feel that I’m here for a reason. Maybe I haven’t quite figured out what the reason is yet. But, I’m here for a reason. And once I find out that reason, you know, that will probably be the end of me (laughs).”	26.03-27.52
27.52	Interviewer asks the respondent if there is anything important about the mental health system or him that he would like to talk about that they haven’t already touched on.	
28.02-28.52	Respondent reiterates that counselling should be made more readily available for people. Talks about how bad mental health was not recognised even 20 years ago. He says that there are so many different reasons for people having mental health problems.	
28.56	Interviewer asks the respondent to pick a word that describes their experience with mental health.	
	“Resilience, I’m still here.”	29.01-29.03
29.06	Interviewer asks the respondent how he would sum up his life now.	
	“I’m getting to a place where I want to be and I’m staying there. I’m not just visiting.”	29.16-29.26

29.27	Interviewer asks the respondent about his hopes for the future.	
	“To stay the way I am and help people as much as I can. And, you know, with the help of GRACE I hope that’s what I’m doing. And if it’s not. Tough. It’s the way I am.”	29.29-29.44
	Interviewer thanks the respondent very much for his contribution to the project.	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="279 398 472 495">  <p><b>Heritage</b> LOTTERY FUNDED</p> </div> <div data-bbox="1150 385 1382 501">  <p><b>Oral History Research &amp; Training Consultancy</b></p> </div> </div>		
<p><b>Group Recovery Aftercare Community Enterprise is a registered Scottish charitable organisation SCO043551</b></p>		