


<p>Project: 'Reflections of trauma, challenges, and healing: An oral history' Respondent: Stewart Tait Year of Birth: 1957 Age: xx Connection to project: Respondent. Date of Interview: The 16th of August, 2022. Interviewer: Rachel Kelly Recording Agreement: Yes Information & Consent: Yes Photographic Images: No (Number of: 0) Length of Interview: 1.16.25 Location of Interview: EDVA, Kirkintilloch Recording Equipment: Zoom H4n (internal mics)</p>	
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Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.36	Respondent was born in Auchinairn and now lives in Moodiesburn. He lived in Maryhill for a while. The family immigrated to Australia when the respondent was around six years of age. He has a brother and a sister. His Father worked as a borer in ammunitions factory in Melbourne and his Mother looked after the home and family. After a few years the family moved to London and then back to Scotland. The respondent attended Livingstone School in Blantyre for a short time, then they moved into a static caravan for two years due to the housing shortage at the time and eventually they were offered a permanent house. Sadly his sister passed away two years ago from cancer and having suffered mental health issues. Respondent said his sister helped him with his dyslexia. Respondent left school at fifteen.	
7.05	Respondent talks about working in The Eagle Lodge in Bishopbriggs after he left school. He worked there for four years. He also went to college at this time but that was a struggle due to his dyslexia.	
7.26	Interviewer asks the respondent what the teachers' attitudes were towards his dyslexia when he was at school.	
	"The system's attitude (towards dyslexia) was stinking and I think it still is as far as I'm lead to believe. But, I don't know if it's got any better. I think, in this day and age, it's got a bit better because I think they give dyslexic people a wee bit more. I think they've got somebody in there to help them. But, when I was there it wasn't the case. You were just basically stuck away in a corner and get on with it. Which was pretty bad really when you think about it; But I think ...I don't know. Maybe, early '50s, '60s, '70s. Well, especially, as I said late '60s and '70s when I left school and I got a job."	7.40-8.25
8.26	Respondent talks more about working in The Eagle Lodge, Bishopbriggs. He talks about how the chef was lovely and the nicest boss he'd ever had. He knew that the respondent was dyslexic but didn't judge him or anyone.	

10.19	Interviewer asks the respondent what work he went on to do after working at the Eagle Lodge.	
10.27	Respondent says that he enjoyed The Eagle Lodge despite the fact he was in a four year contract that he hadn't known about. The wages were also poor but the tips helped with that. He talks about cooking for Princess Anne, Bruce Forsyth, Francie and Josie and the Rangers FC social club.	
12.28	Interviewer asks the respondent how he got through the rest of his career dealing with his dyslexia.	
	Respondent replies that a dictionary helped him as he can read but that filling out forms was a problem though. He then talks a bit about his mother's illnesses. He goes on to say that his sister helped him fill out forms. He then goes on to describe working at the brickworks. There was no need to write in the brickworks and his mum and sister helped him with any forms. He says his whole career was like that. He then goes on to describe being made redundant.	12.35-17.30
17.31	Interviewer asked what society's attitude was towards people who were dyslexic	
	"There were one or two of my friends knew I had it, they knew it, but never confronted, as if to say, which was pretty good on their behalf, you know. I had a lot of friends, you know, back then, and they were pretty good. As I said, there was about three of them knew. And about three or four of them didn't know until later life till I told them. They couldn't believe it. They said-'No way.' And I said-'Aye, I've had that for years.' But, once again, I'm not as bad as...there are a lot of people out there worse than me. And as I say, the dyslexia was...Dyslexia kind of broke my heart a bit because I want to do things, you know, and it held me back. So I'm always...If I'm on here...If anybody does listen to this you need to seek help early. Not late in life. Really early in life, you know. As early as you can. Especially if you're at school. It just kind of broke me a wee bit, you know. So...Cause there were certain jobs that I couldn't go for. Certain things I couldn't do because of it. And it was just a stigma, you know. And that was it. But I was just a happy go lucky kind of guy and just got on with it. "	17.46-19.14
19.19	Respondent talked about the various jobs he had worked at throughout his career and during that time he learned how to drive which also helped him in his career. He felt fortunate at passing his driving test before the introduction of the theory test because his dyslexia would have given him problems with this. He met his wife in 1984 and they had children. They bought a mobile shop in Kirkintilloch and his wife looked after the books and again he felt fortunate because this meant his dyslexia wasn't a problem. He worked in the van for twenty eight years.	
	"Things were good, you know. Things were good. And it's just that when life went on and on as I said. And then luck started hitting. Or, bad luck started hitting. Cause my oldest son ended up...He ended up taking epilepsy when	28.38-31.52



	<p>he was twenty four. Twenty three or twenty four. He just collapsed on the floor. One morning me and my youngest boy was in there and I thought he was taking a heart attack. And he was working and he was a life guard in The Tryst, Kirkintilloch. So, that's what he was doing. So that was quite horrific because he ended up he had that all the way up till he was thirty one then he died. He'd a massive heart attack. He was taking his epileptic...He was getting tablets for them and he wasn't taking them. To be truthful. So, if anybody out there has epilepsy. You have to keep taking your tablets, your medication. Cause it doesn't work, not taking them. And the problem is with my boy Michael...If, the doctor said, if your son had taken the epilepsy when he was younger sometimes they grow out of it but sometimes they're stuck with it. But the medication might of come in a bit easier for him because, you know, he'd be basically...He'd be taking them. But, the older he got he was trying to go out with his friends. He was drinking, not taking his tablets and then it all caught up with him. That was it. So, things were pretty bad then. So, he passed away in 2016 round about the same time as my wife was diagnosed with cancer. And it was getting pretty bad; getting worse. So, she was getting lots of treatment for that. We were going back and forward to The Beatson and stuff. And I just started not being able to handle it. And I started to go off the rail a bit. And I tried to commit suicide twice. But the second time my wife and her two friends, three friends caught us. Because they caught...They tracked me down with my phone. And that was the only way they could track me down. And I ended up in hospital; Two hospitals. It wasn't clever."</p>	
31.53	Interviewer asks the respondent about his hospital experience.	
	<p>"The experience in the hospital was a strange one because they couldn't get me a place in Stobhill. Which, I didn't know at the time, but it actually... It actually helped me not getting a place there; Which sounds strange to people. Because I ended up in a place in Glasgow. I can't remember the name of the hospital in Glasgow. Was it Larkfield? I can't remember the name of it. But, I ended up in Glasgow. It was over near Paisley. Or Hillington, sorry, it was near Hillington. Same area, I think, Paisley and Hillington. But, I ended up there and I was there for about. I think it was about eight weeks I was there. And they were ni...they were good. I was getting...I was moving ahead there. Things were going good there. And I started talking to this lad and he...between me and him we'd a wee kind of bond and that and he said to me-'What are you doing in here?' And I told him. I said- 'I tried to commit suicide twice. And the second time I got found. I got found with a rope.' And he...And to make...To make things a bit funny and it isn't funny. So, if anybody wants to commit suicide it's not a funny thing. But, this particular story I'm going to tell you it was a bit funny because the guy I was talking to said- 'Stewart, do you know how to tie a knot to do that?' And I said- 'I just think you just tie a knot.' And he said-'Oh, I can imagine you (laughs) hanging on a bridge or something just dangling about there. And he was in stiches. And I said to him. I said-'What are you doing in here?' And he said to me-'Well, Stewart, ' He said-'I had timed it down to a tee.' And went on to a...He walked on to a track to get mowed down by a train. And he timed it down to a tee but, unfortunately the day that he did it the train was late. And there was...It</p>	31.57-34.56

	is quite funny because he's telling me his story. He said-'Your story is just as bad as mine.' He said-'And I'm standing on the track. And I was looking at my watch going-I don't believe this. This train's late.' And it was late. By that time he said somebody had already spotted him. And the police and all that came and got him off the track. And that was that, you know. But, he was a nice fella. Really, really nice guy. Nice fella."	
34.58	Interviewer asks the respondent if he was given any medication whilst in hospital.	
	"I was given drugs, medication and then was separated...This is where it all kind of went pear shaped me really. Cause they separated me from that hospital. Cause, that hospital was just a...It was like a holding hospital because it was without my area. Stobhill, was my hospital I should have been in. And I end up in hospital, as I said, in there. But I was only there for about four weeks. I kind of cause a bit of a rumpus there because I was basically telling them about the things in there which were strange. But, the way they treat people in that hospital. They weren't treating people the same in that hospital. The one in Stobhill...I don't know if anyone knows the one about Stobhill. But they never really helped you. Where I was getting help. But they took me from on area...And my wife and even my sister at the time. She was still living. They fought for me to stay over there where I was. But because of the without the area they found a space for me in Stobhill, aye. So, I ended up there for a while. For four weeks. They couldn't get rid of me as quick. Cause I was just causing a rumpus. So, they...They basically weaned me off and they got me out of there."	35.04-36.45
36.46	Interviewer asks the respondent if he was given any counselling.	
	"I was given counselling in the other hospital. But in Stobhill they're a wee bit sort of a...They're a bit lazy on that kind of thing. For some reason they weren't working on the same page if you know what I mean. In fact I was in there, in Stobhill. And I said-'I don't get it in here. Why everybody is a bit weirder in here. 'And I told her where I was and she went-'I know you were. Stewart, off the record, you're right.' This is coming from a nurse. 'Off the record you're right.' She said-'And I'm telling you why I know that's right. Because I did my training in that hospital you were in.'"	36.50-37.48
37.49	Respondent said that after Stobhill hospital he returned to working in his van and due to his wife's illness he was struggling and felt himself reverting back. So he took a few weeks away to get himself together and re-assured his wife that he wouldn't try to commit suicide when she passed away. He gave up his business as he couldn't handle the questions people were asking every day. This was and still is a hard time for the respondent. He goes on to talk about applying for jobs and his daughter's recent jobs.	
46.11	Interviewer asked if he had sought any support after his wife passed away.	
	"Yes, I did and that didn't go down too well either. I went to a place called Cruse. And I thought this was going to be great. I waited about three months	46.19-49.25

	<p>for that actually. Maybe a wee bit longer than that. So I went...It was in Waterloo (Waterloo St, Glasgow), next to The Waterloo Bar. Is that Waterloo Street or Waterloo? Anyway, I went in there. Now this didn't go down too well for me. I didn't say anything out of turn in there. I just didn't go back. Because I was there because...Because my wife had passed away with cancer. But I was listening to too many stories in there like-This young lady, lassie was in tears. She was Asian. She was a nice...don't get me wrong. But she was greeting. And she had put forward that her boyfriend overdosed on heroin. So, I'm putting two and two together here and I'm going-but, my lady didn't die with heroin she died with cancer. I mean it just...It kind of flung me a wee bit and I'm like that...They were all volunteers. They were all council volunteers. And there was about six of us in there I think. About six or eight of us. And it came to another lady, now I felt very... Cause she...I'm not saying she wasn't the same sort of mould as myself. But what actually happened to her...She...Was it her son? Her son got murdered and the case hadn't even come up yet. So, she was going...She was going for counselling for somebody getting murdered; Her son. So, I could understand where she was coming from. I could understand where I was coming from. But he didn't commit suicide. It would have been different if the guy had committed suicide. It might not of been different. But it would have been different circumstances if the fella had committed suicide because his wife had, had cancer or his girlfriend had cancer. Or his wee kid had died when he was young. Things like...important things like that. But she was upset because her fella had od'd on heroin. I couldn't focus that in to my head, so I didn't go back. It wasn't going to do me any good because I might of ended up saying too many things out of place. Because, the following week they were all going to be there again. The exact same because everybody was to turn back up again. But I didn't."</p>	
49.26	Interviewer asks the respondent if he went for one to one counselling after his wife passed away.	
	"No, (He didn't have one to one counselling) I did most of that between my kids. My two kids, my boy and my lassie. We just worked it out together. Which I thought was the best way to do it. We talked a lot in the house; We really did."	49.30-49.47
49.48	Respondent talks some more about his late wife and the ways they honour her and will honour her. Including going back to Hawaii, as special place for them, as a tribute to her and their son who also passed away.	
52.59	Interviewer asks the respondent about whether he looked for any other community support.	
	Respondent said he hasn't. He also said he would like to see GRACE incorporating help with dyslexia into their projects as there are many people who could use the support of organisations like GRACE to help with their dyslexia.	

54.13	Interviewer asks the respondent where he first learned about GRACE.	
54.16	Respondent replies that he heard about GRACE from a GRACE member.	
	"I'd basically been going to GRACE to help my young brother out, Steven, because he's pretty bad mentally. He's kind of... Schizophrenic he is. And it was just to get him out of the house. Getting him doing things. So, there were times he was doing good. Sometimes he wasn't. But now he's in the walking group and he loves it. In fact, I think they're going a walk tomorrow."	54.21-54.50
54.51	Respondent talks about his brother and some of the things he has been through. Respondent talks about how he looks with compassion on people who have drink and drug issues.	
56.49	Interviewer asked about the activities the respondent has been involved with in GRACE	
	"We did an activity there and I thought it was good. It was the jewellery making. I wasn't great about it but Angela (his lady friend) knew a bit about it. I liked doing that and I think that was a great thing. And I think that's good for people to do stuff like that in GRACE. Because it's...They don't need to be brilliant at it. You don't need to be a professional at it because it's quite an ABC, plain and simple, you just get on with it. And there's people there to help you out to do things. I think that was a great thing. I think that was probably...No, there's quite a lot of good things in there. But the one I keep banging on about. It's because I've had dyslexia. I think if they had...I mean there's ideas they could do there. And I've said... there are ideas you could do with that as well."	56.54-57.54
57.55	Respondent goes on to describe his idea for a class within a class for people with dyslexia.	
58.44	Interviewer asks the respondent if he feels comfortable sharing his experiences with others	
	Interviewer says that he doesn't mind sharing his experiences. He feels that trying to commit suicide was a cop out for him and says that the hospital in Glasgow really helped him through that. He talks about how the food and treats were not as good at Stobhill. He also talks about how there were no clocks on the ward so he got one.	
	"I was going for walks at Stobhill. And I knew that area like the back of my hand because my cousins stayed in Menzies in Balornock which was near the old driving school in Springburn. So, I knew that whole place. So, I used to go for long walks all round about. Getting my head all round about it. Which I thought that helped me. It might not help a lot of people but it helped me. Walking about getting my own thoughts and not telling them to anyone. No sitting in a one to one or a two to one or whatever. That helped me. And, as I said, it's helped us through for going forward. And if there's a problem just me my daughter and my son, my youngest son, we just talk it over. And I think that's a great thing. Because if you can't talk to your kids who else can	1.01.51-1.03.00

	you really talk to. You know. And it's good."	
1.03.00	Respondent goes on to describe the family supporting each other.	
1.03.55	Interviewer asks the respondent if he has learned any new skills at GRACE	
1.04.00	Interviewer talks about learning some jewellery making and about starting the film making class but having to let that go as he has family commitments. He says he struggled with sign language due to his dyslexia. He says it's a great class though. He reiterates that he thinks there should be classes to help people with dyslexia but says that the boss in him might be coming out after twenty eight years of self-employment. He says everyone is lovely in GRACE and expresses that he was sad to hear of the recent passing of one of the members.	
1.08-07 - 1.09.05	Interviewer asks the respondent if he feels his mental health has changed through going to GRACE.	
	Respondent said GRACE has helped with his mental health issues as well as with his brother's mental health issues. He says that his late sister was a great anchor for both of them and that the walking group at GRACE has really helped his brother now that she is gone.	
109.18	Interviewer asks the respondent if he believes that there is cure for mental illness.	
	"I don't think there is a cure for mental illness, no. I think it's talking. I think talking for definite. And as you're seeing more on the TV, talk to somebody. Because if you don't talk to somebody, it's too late, or could be too late. Or, it could be too late."	1.09.28- 1.09.49
1.09.50	Interviewer asks the respondent what lessons he has learned that he would like to pass on to people who may hear this interview.	
	"Seek help, you really need to seek help quick. In bereavement you maybe talk in a group or amongst your family. I think with talking to my daughter and my son it's really, really helped me because we've all went through the same thing, I've lost a son, they've lost a brother, I've lost a wife and they've lost a mum. So, we're all in the same boat. There is nothing that's been taken out. We sort it all in the house. If somebody's got...If my daughters got a problem or Adam's got a problem, my youngest one we talk it out in the house."	1.10.00- 1.10.48
1.11.05	Interviewer asks the respondent if there are any objects that remind him of his mental health experience.	
1.11.13	Respondent talks about a big clean bin in Glasgow where he spent the night the first time he tried to commit suicide.	
1.12.56	Interviewer asks the respondent to sum up his life now.	
1.13.00	Respondent replies that things are good and that everyone will have to ride	

	out the hikes in gas and electricity prices for a couple of years.	
1.13.33	Interviewer asks the respondent about his hopes for the future	
1.13.37	Respondent replies that he is not too sure about that due to some physical health issues and concerns he has had.	
1.14.40	Interviewer asks the respondent if there is anything he would like to add.	
	“I’ll just say if you need help you’ve got to seek it as quick...You’ve really got to seek it. Get help quick in any direction. That would be either through illness, drugs, drink and bereavement. And if you can talk it over with your family as thick as a family. It will work. It does work cause I’m the proof of the pudding. It will work. As long as you are a good family you know that you are all knitting in the same direction.”	1.14.49- 1.15.23
1.15.24	Interviewer asks the respondent what his advice would be for people who don’t have a family.	
	“GRACE, somewhere like GRACE or your local community which would probably be GRACE. But, GRACE seems to be the only one out there that I know of. And there’s a lot of nice people there and they’re all...They’re all pulling at the same string so...Which I think is a nice thing. And I’ve only been there just over a year kind of thing. But it is...It’s nice for folk that have got a wee bit of a slight problem there. And they don’t need to go. They’re not tied down to it. They can just drift in and drift out. Aye, definitely. And you meet a lot of nice people that are in maybe the same situation. You know.”	1.15.27- 1.16.16
	Interviewer thanked the respondent for sharing his memories with the project.	
 		
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