

Project: **'Reflections of trauma, challenges, and healing: An oral history'**

Respondent: Ewan

Year of Birth: 1996

Age: xx

Connection to project: Respondent

Date of Interview: 8th August 2022

Interviewer: Indira Pole

Recording Agreement: Yes

Information & Consent: Yes

Photographic Images: No (Number of: 0)

Length of Interview: 37.39

Location of Interview: Kirkintilloch

Recording Equipment: Zoom H4n (internal mics)



Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.41	Respondent was born in Glasgow. He lived with his mum and dad and two older sisters. The children would play in the park opposite their home and the family would visit some beauty spots like Mugdock Park. Sometimes his cousins would visit and they would all play football in the park. His mum was a nurse and his dad was a scaffolder working both on and off-shore.	
3.43	Interviewer asked the respondent about his school	
3.45	Respondent replies that he went to Lairdsland primary in Kirkintilloch which he says was quite good. He also states that he went to Lenzie Academy and left in 2013. Respondent had a lot of friends in the first two years at secondary school and due to a falling out he and another boy became friends. They maintained their friendship throughout their time at school and did meet up a few times when they had both left school.	
7.22	Interviewer asks about the respondent's progress in terms of education.	
	"I went to college after school for a year and did business...business studies but I think it wasn't really for me. So, I just sort of... I think after that I went to The Prince's Trust and that was quite good for building my confidence up and stuff. Yeah so... I think the Prince's Trust course lasted about twelve weeks. You got to go away and camp and stuff. Well, not camp but...So, it was good to do that."	7.33-8.28
8.23	Interviewer asks the respondent how he was referred to the Prince's Trust.	
8.30	Respondent replies that he thinks his mum saw it advertised.	
8.45	Interviewer asked what he did after The Prince's Trust	
	"I think after that I was kind of looking for work for quite a while and did some volunteering work. But then in 2018...Well, before that...When it came to 2017 when I was trying to find work.... One day I was in the job centre and someone let me know about GRACE and I started coming there. But, that's	8.50-10.09

	really helped me cause I think before GRACE I was, sort of, a bit lost, and a bit wandering and I'm not really sure. But it kind of gave me a place to I suppose go to... And kind of get a structure and routine in my day. So, that was really good. So...But, then in 2018 I found a job. So, I was a care assistant for a couple of months. And that was alright. "	
10.10	Interviewer asked the respondent what he is doing now	
	"I'm still a care assistant but I work in a different care home. One in... called Springvale. It can be satisfying when you see you've done a good job with the residents but then I think it can also be... you could maybe have a day where you've maybe been shouted at... So, you can have good days and bad days I suppose. It's...It can be a difficult job but it's quite good. Yeah."	10.12-11.01
11.03	Interviewer asked the respondent if the respondent had suffered from confidence issues or any traumatic experiences	
	"Most of the time at school it was quite uneventful. And I just, sort of, went and did my classes but in sixth year I got picked on quite badly by, sort of, a group of pupils. And I think they made my life quite difficult at that time so... So, it made me lose my confidence a bit when I left school."	11.23-11.56
12.19-12.29	Respondent said that his confidence was knocked for quite some time after leaving school however it's now ten years since that happened his confidence level is not as bad as it had been previously.	
	"It was quite...I remember... I think now not so much cause it's... ten years have passed but I remember it definitely...at the time it was quite, sort of, hard to cope with. I think also when you're a teenager fitting in It's like a much bigger, kind of, issue than it is later on in life. And, sort of, being accepted in your peers and stuff."	12.01-12.34
12.37	Interviewer asked the respondent about the bullying he endured at school	
	"Well...I remember I had an argument, I think, with one of the boys. And, so, he had quite a lot of friends and the next few months before I left...I think they would, sort of, chuck things at me, and , sort of, shout things and...Yeah, and all that stuff so...But, yeah, it was quite hard at the time. But, it's definitely... All the stuff that happened after that like GRACE... And that's definitely, kind of, helped me sort of move on from that time. "	12.48-13.54
13.55	Interviewer asks the respondent if he got any support from any the school when he was being bullied.	
	"I think at the time...Maybe it's to do with being the age that I was...But, I just, kind of, kept it to myself because I maybe worried that if I'd gone and told someone it would...It would maybe get worse. So, my way of dealing with it was, I sort of, left school a bit early. I remember telling my cousin about it. He was...He was a good help because we would always...Me and my cousin at that time...My uncle would sort of take us into like... walks in the country and stuff. And it was a chance just to... Because I hung out with him I	14.04-15.21

	realised that there were still people that liked me and all that stuff. So, that was quite good.”	
15.22	Interviewer asks the respondent if the family support helped build his confidence.	
15.30	Respondent says that it may have been more difficult had he been an only child. He reiterates that knowing that someone liked him really helped him during the time he was bullied. He also says that whilst he was a school he did have times when he thought that nobody liked him but that he sees it for what it is now.	
16.38	Interviewer asks the respondent if any other incidents of being bullied at school had occurred.	
16.59	Respondent replies that most people would have described him as quiet at that time and that he kept himself to himself. So he almost just flew under the radar. He also says that he was quite outgoing when he is at home.	
17.39	Interviewer asked the respondent what his feelings were towards the bullies.	
	“Mostly it got me quite down and quite upset (bullying at school). I think for a while I found it difficult to cope with them (his feelings) but I think I ended up going to the doctors and, sort of, getting some help and stuff. And that’s really helped me to be able to manage a lot better.”	17.58-16.43
16.44	Interviewer asks the respondent if leaving school was a relief.	
	Respondent replies that leaving school did help his situation.	
19.02	Interviewer asked if the trauma of bullying had lingered in his head after leaving school	
	“I think it took...It definitely took a while for it to, kind of, yeah, get better in my head. And it took me a while to, kind of, get a bit of confidence back I think.”	19.15-19.36
19.37	Interviewer asked the respondent about the support he received from his GP.	
	“So, my GP referred me to the crisis team. And so, they were quite good. And they would come out and, sort of, see how I was doing. And I was offered, kind of, someone to chat with and stuff. So, that helped. And I also got some tablets to take which...they, kind of, help improve my mood. So, that was quite good.”	19.56-20.27
20.28	Interviewer asks the respondent if talking to someone helped him.	
20.41	Respondent replies that it was good to talk to someone about his issue.	
20.56	Interviewer asks the respondent if he carried on getting help from the crisis team for a long time.	
	“I think once they, sort of, decided that I was ok it kind of stopped. And the	21.04-21.35

	tablets continued for another maybe year. And then I, kind of, decided that I was good enough to come off the tablets. So, I did and then I've not been on any tablets or anything since. So they must've...They must've really helped."	
21.36	Interviewer asks the respondent who told him about GRACE.	
	Respondent said it was after this that someone in the job centre gave him a leaflet about GRACE	
21.46	Interviewer asked the respondent about his initial contacts with GRACE	
	"I remember going for my first time and I think it was the drama class that I went into. I remember thinking it looked quite a friendly place. It was a bit.. It was quite like intimidating at first. Just, I suppose, with everyone there. But I think once I got to know people...Everyone, you know, everyone was friendly and nice so...Yeah, I began to like it and stuff."	22.31-23.06
23.07	Interviewer asks the respondent if he kept coming to GRACE and if so what other classes he found helpful.	
	"So, the other class that I joined was the Digital Café. So, that was good because I learned loads of stuff that I didn't know before about computers and all that so... Yeah, It was really good because it really helped me fill out job applications and stuff. Because before I went to the digital class I didn't know, sort of, how to attach documents to emails and stuff. So, I got taught all that... all that stuff. So that was quite good."	23.21-24.02
24.03	Interviewer asks the respondent how a lack of confidence can affect someone's life	
	"I think it can, sort of, have an impact on your mood. I think if you lack confidence then maybe you won't...You kind of lose motivation a wee bit. Sort of go into your own shell I suppose. So, it can I suppose lead someone down quite a bad path."	24.07-24.43
25.01	Respondent said a lack of confidence affects different aspects of your life, forming friendships and seeking employment for example.	
26.43	Respondent said he did have a feeling of hopelessness completing application forms and receiving rejections. It can lead to a depression feeling that you are not good enough. But he did his best not to think that way.	
27.12	Interviewer asks how he feels about GRACE and talking to different people within GRACE.	
	"That's...you know, I think that's really healthy and good. Because, you know, people are like kind of wired to be with each other. And I think if we don't have that it can, you know, lead to feeling lonely. And, yeah, It's good to have people to talk to."	27.28-28.02
	"They (the people at GRACE) were really welcoming. And, sort of, gave me loads of information. And, sort of, not, you know, not making you feel, sort	28.14-28.35

	of, excluded or unwelcome and stuff.”	
28.38	Interviewer asks the respondent if he feels it’s important to be in an environment where you are not judged.	
	“I think it’s definitely good (GRACE and organisations like GRACE) to...Because I suppose you’re kind of seeing people who, quite a lot of them, have maybe been through similar circumstances. So, they’re not maybe going to judge you in the same sort of way. So it’s good to...yeah, you don’t feel judged.”	28.54-29.17
29.18	Interviewer asks the respondent if he feels trusted and trusts the people at GRACE.	
29.26	Respondent replies that he doesn’t think anyone at GRACE would share my information.	
29.39	Interviewer asks the respondent if he would like to be a member of GRACE for a long time	
	“Yes, definitely. It helped me out a lot so, you know, it would be good to give something back to GRACE.”	29.45-29.55
29.56	Interviewer asks the respondent about organisations like GRACE giving support in the community to people who have suffered a traumatic experience	
	“I suppose It’s, you know, an important kind of organisation to have in the community. Because it’s kind of doing stuff that medication can’t. It’s, kind of, offering relationships to people and stuff. And I suppose relationships are, kind of, you know, part of a healthy, kind of, mind-set.”	30.14-30.44
31.00-31.20	Interviewer asked if men and women cope with trauma differently and if they should treat themselves as equal in terms of mental health.	
30.54	Respondent said different studies have shown that men tend to bottle their problems up more than women who tend to speak out about their troubles.	
	“I suppose it might be...I suppose a, kind of, culture of masculinity. You know you don’t want to be... seen as, kind of weak. So, it’s kind of seen as being tough if you just, kind of, stick it out and yeah...”	31.30-31.38
	“Yeah, definitely, it should be... I think that yeah the stigma around it(mental health issues) has to be, you know, replaced with a, kind of, more modern way of looking at it.”	31.49-32.05
32.08	Interviewer asks the respondent if he thinks more men are now opening up about mental health issues.	
	“I think...I think so. I think definitely people are becoming more aware of mental health and like it’s becoming more, kind of...It’s not seen as...It’s becoming not seen as like a weakness to talk about it and stuff. Yeah.”	32.16-32.40

32.41	Interviewer asks the respondent about his hopes for the future having been through that journey at a young age	
	<p>“Hopefully...I think about just, kind of working and earning money for the moment and then maybe that can lead on to me going to college or uni and, kind of, maybe furthering my skills or...that would be good, you know, to maybe get a degree or something. If I was able to.”</p> <p>“I think...Hopefully if I, kind of, faced the same situation like...like now in my life. I think I’d...Yeah, hopefully I’d be a lot better at dealing with it than I was back then. Cause I think you kind of....You know, you learn as you kind of go through, You know, sort of like, life how to...what works and what doesn’t and how to deal with things so...”</p>	<p>33.02-33.39</p> <p>34.06-34.14</p>
34.43	Interviewer asked why there is a culture in school of bullying	
34.54	Respondent said that in school there are kids who are quiet for many different reasons and there is another group of kids who are seen as the cool kids. He feels there are a lot of good nice people out there who outnumber the bullies and perhaps because they were teenagers they did not realise the impact their actions were having on other people and hopefully as they get older they realise how their actions can affect another person.	
36.18	Interviewer asks if there is anything the schools can do to protect children who are quiet, different or easy targets.	
	“I’ve heard that some schools kind of...What they...They kind of have like units for maybe people who are vulnerable. And they can, sort of, go in there during their lunch breaks and stuff. And it, kind of, offers them a bit of protection.”	36.30-36.46
36.47	Interviewer asks the respondent if there was anything like this at Lenzie Academy when he went there.	
	“I think there was maybe stuff there. But, because it was maybe like, sort of, uncool at that time to, sort of, go there.”	36.51-37.03
37.04	Interviewer asks the respondent if he thinks that if he had not been bullied at school his life would have turned out differently.	
	“I think so. But, sort of, in a way, I wouldn’t...I’m, kind of, glad that it happened because in a way maybe experiences like that, kind of, set you up for life. And yeah...”	37.11-37.30
	Interviewer thanked the respondent for sharing his memories	

**Group Recovery Aftercare Community Enterprise is a registered Scottish charitable organisation
SCO043551**