


<p>Project: <b>'Reflections of trauma, challenges, and healing: An oral history'</b>  Respondent: Duncan Angela  Year of Birth: 1965  Age: xx  Connection to project: Respondent  Date of Interview: The 9<sup>th</sup> of June 2022.  Interviewer: Indira Pole  Recording Agreement: Yes  Information &amp; Consent: Yes  Photographic Images: No (Number of: 0 )  Length of Interview: 1 hour, 3 minutes and 18 seconds.  Location of Interview: Kirkintilloch.  Recording Equipment: Zoom H4n (internal mics)</p>	
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Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.45	Interviewer asked the respondent about her childhood.	
0.46	The respondent states that she lived with her parents and her younger brother and sister. She then speaks about the childhood games played, playing with marbles, balls, 'scraps' and rounders. She states she has a brother and a sister.	
	"It wasn't really thingmy. The family broke down and what have you. My Dad used to hit...There was a bit of violence from my Dad to my Mum. I remember he kept hitting her till he saw blood. Which I didn't like. So, I ended up sleeping beside my Mum and Dad so he didn't hit my Mum. Then he left when I was what twelve? And he ended up staying with somebody down in Whitecrook. But my Dad was like a bit of a, sort of, ladies' man type thing. He always ended up getting caught. And he didn't like that idea. And that's how he ended up in trouble with my Mum. That's how I think all the trouble stated cause he got caught. Cause they only stayed round the corner or whatever. It was like-here we go. But, my Dad ended up making a...But, I can never forgive him for doing that because he even...he gave my gran, that's my Mum's Mum a black eye I remember. I can never, ever forgive him for that. For what he's done. Since he moved out he was out of our lives for a long time."	2.57-4.31
4.32	Respondent states that her father remarried and the respondent felt awkward when she visited them. She felt uncomfortable. Although she had happy memories of playing childhood games her trauma memories came from her father hitting her mother. She was frightened to sleep because she could hear her parents fighting.	
6.22	Interviewer asks the respondent if she tried to protect her mum as she was the eldest sibling.	
6.23	Respondent replies that she did try and protect her mum. She looked after her siblings along with the neighbours whilst her mum worked. She talks	

	about her gran's ice cream van and how she worked there as a teenager.	
9.30	Interviewer asks the respondent about her school.	
	"I went to Linnvale for a wee bit when I was dead young. And then whoever it was. I don't know if it was the social work or the doctors or whatever. Said to my Mum that cause I was so slow at that time. Well, that word at that time; they called it that at that time. They weren't really interested. So, you got pushed to a special school. So anybody that was so slow. That's where they all went. They all went to a special school because they were so slow. If they could catch up in the special school then you go back to a normal school. But if you don't you've, more or less, to stay at that school till you leave school."	9.22-10.10
10.30	Interviewer asks the respondent if she has happy memories of special school and whether or not she had friends.	
10.31	Respondent replies that she did and that she was in Clydesdale Harriers.	
11.19	Interviewer asks the respondent if she stayed at special school until the end of her school career.	
	"No, I feel like I've, kind of, missed out on a lot of things at school. Cause, even though I was at school all the time every single day I feel like I've still missed out on a lot of things. Cause we used to , Kind of, we did like cooking and what have you. So, we got cooking and we got sewing. Whatever you made we had a fashion. I didn't like that. You had to show off and in a big circle. And show off and go-oh no! The boys had like woodwork. We didn't really get woodwork. We just got the sewing bit and that's about it. I was like-right ok."	11.45-12.27
12.28	Respondent then describes the playground at school.	
12.58	Interviewer asks the respondent how she feels about her education.	
13.11	Respondent says that she feels that she was just taught the basics and that she has difficulty with counting money as a result.	
14.49	Interviewer asks the respondent if she suffers stress while in the community due to her education.	
15.03	Respondent replies that she sometimes get stressed out when travelling.	
16.31	Interviewer asks the respondent about her family situation.	
	"Well, I ended up leaving my family house because I got fed up with my young brother and my young sister beating me up. I used to lock myself in the room. "	16.49-17.01
17.02	Interviewer asks the respondent why this happened.	
17.05	Respondent says that it was because she looked too much like her dad and	

	that she can't help this.	
17.55	Interviewer asks the respondent when she left the house.	
	"I had to leave because I got fed up getting...I got fed up with my young brother and my young sister beating me up and what have you. One time my brother chased me down the road with knives. And my sister brought in, like, guys in the house and they tried to get the key off her. And I just saw this knife come towards me. And I had...Instead of me...You know how the knives that's sharp at both ends...I just saw that and I had four stiches in my pinkie and one stich in that finger. And I'm lucky to have a pinkie. The doctor says I'm even lucky to have a pinkie."	17.57-18.55
18.56	Interviewer asks the respondent where she went after this.	
18.59	Respondent replies that after living with friends for a short period of time, the respondent tried to get a house in Clydebank but was unsuccessful. However she managed to get a house in Drumchapel. She still visited her mum on occasion but not often. Her brother and sister were closer to her mum. She goes on to talk about a couple of friends.	
21.12	Interviewer asked the respondent about her own family.	
21.32	Respondent talks about her children. Respondent says she had lived in quite a few houses in different areas and had to move due to the threat of violence and fearing for the safety of herself and her children from neighbours. She tried to joke about keeping the council busy having her windows replaced on a few occasions and neighbours taking on catalogue debt in her name that she knew nothing about. She recalled getting into a physical fight with a neighbour. She says she doesn't like fighting and that she avoids them if possible and people know that. She talks about the challenges of living in Clydebank and how she has been happier in Kirkintilloch.	
33.40	Interviewer asks the respondent how she found out about GRACE.	
33.45	Respondent replies that she found GRACE through her support worker.	
	"I got myself a tutor when I came through and I stayed in Westermains Farm at the time. Because it was up at the library... That's where I got myself a tutor. Well, before then I got myself a tutor when the kids were at nursery because I was more worried about for me to try and read their books and what have you. And I got...When Kat and Mark were at nursery; I got myself tutor then but that's before I came up to come through to Kirkintilloch when I stayed in Clydebank. I got myself a tutor and that. And the school was quite good because they gave me likes of a book that Kat would start. I said to them that I wouldn't pronounce the word...If I don't think it's right I won't pronounce it because I wouldn't want to make the teacher's job any harder. Because it wouldn't be fair on them or my child at the time. Because they are going to say it the way that I think...And I'd rather the teacher tells them the correct way than me doing it wrong. And I	34.01-35.41

	can, kind of, not realise I'm kind of doing it or...if I get it right I get a wee boost because-oh, I got it right. You know, that was my wee kick if I got it right."	
35.42	Respondent goes on to reiterate that she got a tutor for her children's sake. She says it was free of charge.	
36.05	Interviewer asks the respondent if this helped to build her confidence.	
36.10	Respondent says that a few things were happening in her life that put a stop to the lessons and her driving lessons.	
36.49	Interviewer asks the respondent about her children.	
	"Well my Mum and that, when Kat and that was younger my Mum was trying to take Kat off me. I had to fight. I've just, sort of, been, kind of, just fighting through my life. And I didn't like social workers. Because I hated my health visitor. I didn't like my health visitor. I didn't like the social worker. Because, I just think, automatically they gave me a social worker because I went to a special school. So that was just an automatic, kind of, thing. Which I didn't like any of them. I didn't like any of them because they kept hounding me-Who's the dad?. And I went-'That's none of your business. If I don't wish to give you who the father is I don't have to. But it was getting to the stage. They were asking my brother. They asked my friends. My male friends; they were asking them if they were the father of my child. They even asked my step dad. I went-'No..."	36.55-38.07
38.08	Respondent goes on to describe more accusations of paternity by the social workers. She reiterates that she doesn't like social workers.	
39.34	Interviewer asks the respondent about her support worker introducing her to GRACE.	
39.40	Respondent talks about how supportive her friend Carol has been. She also mentions that she has never asked her mum for support and that she found out last year how little her mum knew of the real her. She says that her mum doesn't believe she is dyslexic and seems to think the respondent is stupid.	
41.12	Interviewer asks the respondent about her friend Carol.	
41.17	Respondent says that Carol was her life saver and they are still friends. She goes on to talk about her daughter going in to a home as she wanted to stay in Burnside. She felt her daughter was getting rewarded by social work when she shouldn't have been. She then talks about the dedicated Covid hospital not getting used and how she thinks that was wrong.	
44.35	Interviewer asks the respondent if she feels that GRACE has helped her through her life since she came there.	
44.51	Respondent talked about problems she had encountered with social work and false accusations of neglect due to being drunk and disorderly and	

	hitting her grandchild. No social worker appeared to query the accusations.	
48.55	Interviewer asks the respondent about GRACE.	
49.10	Respondent replies that she wishes she had found GRACE earlier as she may still have her grandkids. She goes on to say that she is not good on her own.	
	“GRACE has helped me. I feel like I’ve got a wee bit stronger. I still have chall...I’m still kind of thingmy with that. I don’t like challenges. But I persevere.”	50.00-50.24
50.25	Respondent goes on to mention her challenges with writing.	
	“Yeah, yeah, I’ve made lots of friends at GRACE. It took me a wee while to, kind of, trust anybody and that I can talk to or talk freely. And I think it was, kind of, came like a mutual decision. Because we more or less ended up we could say anything to one another. And that, sort of, kind of, helped.”	50.54-51.24
51.24	Interviewer asks the respondent if she would like to continue with GRACE.	
	“Yes, I think GRACE is quite good. Cause, like, that time through the pandemic and what have you we had nowhere to go. Nobody to tell the thingmy because you couldn’t see anybody or whatever. It was good when Robert and Rikki came up with the idea of doing it through Zoom on the laptops. It was good. We were all in each other’s house and what have you . Having fun playing games and what have you. But, yeah I think...But, if it wasn’t for doing the Zoom I don’t think any of us know where we would actually be. Because it was just like we never left. Like even although everything was all shut down and what have you. We did the Zoom. We were all in each other’s houses and what have you. And I think that helped quite a lot of people.”	51.36-51.34
52.35	Interviewer asks the respondent what would have happened to her mental health had she not been referred to GRACE through the support worker.	
52.53	Respondent said she would have crumbled. She was at a stage where she didn’t care what happened to her.	
	“Cause like when Stewart came, the counsellor in there (GRACE). When he came. I found he helped a lot. And he, kind of, when I spoke to him I felt like a big weight off my shoulders when I spoke to him and I wasn’t the only one. But, then, I recommend Stewart to anybody.”	54.00-54.25
54.26	Respondent goes on to say that Stewart could no longer continue due to personal circumstances.	
	“And doing like mental health with Mirka (At GRACE) and anything else that’s going about. Which it kind of helps because doing those kind of courses. It gives you a different perspective.”	54.49-55.04
55.05	Respondent goes on to say that this gives you a perspective on self-harming	

	and other mental illnesses. She mentions her daughter's mental illness.	
	<p>"And what gets me so annoyed about... with some doctors and what have you. They say they don't want to label some kids. I went-you're not labelling them. See if it's an illness, it's an illness that they've got. When you know...give them...Help them...When you know what it is give them the help they need. It might help them through time and not leaving it till it's too late. You know what I mean. I went-ok, medication's not the answer for everything. It's not a fix I know that. But if it gives them...If it keeps them on an even keel. If it helps their mood swings and what have you and lets them, kind of, control their own life to, kind of, understand... You know, it might be better for the parents and, you know, for them as well. But that's just my opinion that one."</p>	57.20-58.13
58.14	Interviewer asks the respondent if she thinks that organisations like GRACE are needed to compliment the NHS.	
58.30	Respondent reiterates what she said about the diagnosis of children. She also talks about school responsibility for truanting.	
102.05	Respondent says that she is in a happier place than she was before. If it wasn't for GRACE she doesn't know where she would have been and how things would've turned out. GRACE is like a big happy family who all help each other out.	
	Interviewer thanks the respondent for sharing her memories.	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>Heritage LOTTERY FUNDED</p> </div> <div style="text-align: center;">  <p>Oral History Research &amp; Training Consultancy</p> </div> </div> <p style="text-align: center;"><b>Group Recovery Aftercare Community Enterprise is a registered Scottish charitable organisation SCO043551</b></p>		