

Project: **'Reflections of trauma, challenges, and healing: An oral history'**
 Respondent: David Glasgow
 Year of Birth: 1971
 Age: ***
 Connection to project:
 Date of Interview: The 8th of June 2022
 Interviewer: Indira Pole
 Recording Agreement: Yes
 Information & Consent: Yes
 Photographic Images: No
 Length of Interview: 29 minutes and 25 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)
0.24	Interviewer asks the respondent where he was born and brought up.	
	Respondent replies that he was born in Glasgow brought up in Kirkintilloch and moved to Cumbernauld in the year 2000.	0.30
	"I moved to Cumbernauld about 2000, Yeah, 2000. And I stayed there till 2006 and then I had a mental health issue that caused me to basically move back in with my parents. For emotional support and also financial support. Cause I gave up my job. The place that I worked in was, shall we say, cliquey. There was groups that just, sort of, mixed with themselves. And it was a very uneasy atmosphere. So, basically after my mental health issue I left the company and moved back in with my parents. So, that's basically my story."	0.39-1.38
1.39	Interviewer asks the respondent for their year of birth.	
1.41	Respondent replies 1971 and then goes on to describe his view of the Seventies and the Eighties. States that he finished school in 1989 and went to Glasgow Polytechnic now the Caledonian University. He studied electronic engineering for three years. Then went on a graduate scheme at Glasgow University was there for six months. And then just as he left that the electronics industry went into decline in Scotland. He therefore moved into different areas. He had a job with Channel Five doing the retuning for example. He did that for eight or nine months and then that contract ended and he did a couple of other jobs. He then went to the Cumbernauld Tax Office to work.	
4.04	Interviewer asks the respondent for his memories of childhood.	
4.05	Respondent says that they used to go to Arbroath. It was a lot quieter then. They used to go to shows and play in the kids play areas. He also used to go to Whitley Bay and play in the sea with his siblings. He says his nuclear family have always been close.	
6.04	Interviewer asks the respondent about his mental health issue.	
	"Ok, the mental health issue. I had what is called a psychotic break. And basically it had me hearing things that weren't there. Well, it was actually when I was at the Cumbernauld....When I took it. I've since saw different doctors. And I've been given prescription medicine to deal with that. And for the last twelve, thirteen years it's been fine with only the odd	6.12-7.01

	episode.”	
7.02	Interviewer asks the respondent if his mental health issues caused a significant event in his life.	
	“Yes, it was. As I said I had a mortgage on a house of my own at that point. But I had to give it up because I was just too unwell to continue. So, as I said, I moved back in with my parents back in Kirkintilloch. Because I needed their support. And the support of my sister, in particular, to help me get through it.”	7.06-7.29
7.32	Interviewer asks the respondent if what happened with his mental health affected him to the extent that he felt vulnerable.	
	“Yes, it made me feel isolated. And it dented my confidence to a greater extent than I thought possible. And then I was sort of house bound for almost eight or nine years. And then I went to the Cumbernauld College and got back into education. This time in computer networking. Which is something that I found very interesting. So I was there for, again, four or five years. I did it part-time. Got my degree from Cumbernauld College and then went and did my Honours at UWS (University of the West of Scotland) in Hamilton. So I got that. Managed to get a 2:1. I then took a year off and then went back to Glasgow University to do my PG Dip. It was supposed to be a Masters but PG Dip, I think, was good enough. In cyber security. So, I’ve got the education but, as with most things, it’s the experience that you require. Especially in the job market that I’m trying to get in to. So, I applied to Citrus Energy. And they...gratefully for me they took me on as a first line technical support analyst. So for the last...Since mid-November last year I’ve been working there and hope to continue there for a while.”	7.41-9.28
9.30	Interviewer asks the respondent about the effect on his confidence and mental health of the psychotic break and aftermath.	
	“Yeah, basically it meant that I couldn’t go out anywhere. I would take panic attacks. And also, I really needed someone with me when I was going to different places. And then, I was searching for a way to gain confidence. Which is...I went to Lennox Partnership and employment. I think it’s not so much an employment agency. But it is an employment trainer. They took me through introducing me back to the employment age...the employment situation. And then they pointed me to GRACE and that’s when my life sort of turned around. I went to GRACE. Didn’t even know it existed until they told me. I went there as an assistant/facilitator/whatever you wa... dogs body (laughs). Yeah, basically anything that needed done I tried to do to the best of my ability. I’ve met new people from all walks of life. From deprived right up to people with money. And also different academic and educational needs and requirements. I met Robert. He’s just about twisted my arm to get me to help out as an assistant. I met Rikki who does the Digital Café. And from there I went every Friday. I went to... initially, just to help out Rikki with things that he thought I could do by myself to help others. And gradually I did more and more different things. And to the point where I started teaching when Rikki wasn’t available or Rikki was on holiday. I found that increased my level of confidence. I didn’t feel as isolated because I met new people. I got better at communication. Although sometimes you wouldn’t think it. Through the facilitator job I did for GRACE I met some interesting people with different backgrounds. Different stories.”	9.41-12.33
	“I did the kilt walk with...Ivor, sorry, had a blonde moment there. Yeah, I went with him. I did the medium walk. I think it was like 15 miles. So we	12.37-13.08

	<p>just chatted away and, as I say, we met different people along the way. They all had their t-shirts or their flags or their hats or whatever with them to promote their own charity or cause. Or, just to say- Hello I'm here."</p> <p>"So, I think, after a while, Robert said-'would you like to come along to the board meeting?' So I said, yes, foolishly I said yes. I went to the first board meeting and said-I could probably do something here. So, I created my own little position called, Advisor to the Board. I tried to do...think more business-like. Because I think GRACE needs a more business focused area. So that when GRACE grows as it will do. It can support itself through self-financing. And also through business contacts. I think GRACE...It's at that cusp of being something bigger than it thought it could be. At the start it was very small thing-yeah. And you could see there was a lot of potential and there still is. But I think GRACE needs to expand a little bit more. Get ahead. Get some more finance that would help. So basically that's my story."</p>	13.09-14.42
14.43	Interviewer asks the respondent how he is feeling now in his relationship with GRACE.	
	"GRACE gave me the support that I required. It helped me grow as a person. Because I went to the board meetings. I also went to a couple of workshops to represent GRACE. The workshops opened my eyes to what GRACE needs as documentation. What GRACE taught me was I could be more than I thought I could do from little confidence through to more confidence in helping others. To representing GRACE at the workshops. And then finally as a board member. So, it's been a long road. And now I think I've grown a bit more. But I would like to give back to GRACE for helping me get to where I am now, which is semi-independent. As it is, I'm planning on going to Dublin by myself in August for two days. So, I've booked a holiday. Booked the flight. Got the test for the PCR test booked. I've got the hotel booked, plane booked. Everything done. So, I've got the passport as well. And I think GRACE helped me get there. Without GRACE it would have been a real struggle."	15.00-16.50
16.52	Interviewer asks the respondent about his views on the need for social confidence for progression.	
	"When yo...When you were in the position that I was. Confidence and social interaction I found was very difficult at the beginning. With most of the members; I think have the same issues of not wanting to speak up or maybe not wanting to look foolish. Or in some way not as clever as they should be. And then after a while they talk to the other members. They learn from them. They exchange stories. And from that they get more interaction, more confidence, more communication skills. And it...you can see the difference in someone. One of the people...I won't name the person but...had issues in their private life. And they overcame them by going to GRACE. Their family member commented on how well they did at GRACE. And they have since moved on and they've got a job. They have gained new friends. And they no longer need GRACE as much as they used to do. And so they've moved on with the next level in their life. So, GRACE...That's what GRACE does. It helps you from beginning when your confidence is maybe low and takes you through the different stages of your...Of your growing as a person. And then at the very end-just moving on."	17.04-18.47
18.48	Interviewer asks the respondent why he thinks he still has involvement at GRACE.	
	"I think I've got to the end stage where I want to move on with my life to	19.00-20.57

	try and improve it. But I still want to give back to GRACE. Because I believe GRACE...It's something that...It's more than the collection of its parts...It's...It's a living breathing...Not just a charity but a living breathing entity. And when you speak to Robert and you get into his mind set and then you talk to other people who've helped. You understand that GRACE is really necessary. Not just for the community but also just for the local neighbourhood. Coz it brings everyone together. Why do I want to help GRACE? Because I believe in GRACE's ethos. Its direction of travel. What it's done so far and what it could be if given the chance. Given the finance and given the support from Government, the NHS. Basically anyone that needs help...I think GRACE, it could be bigger than Robert thinks but it'll take some time to get there. And he'll need help from the board, from the members from the admins, you know, Yvette and Lynnie. It will require some...It will require a group approach to help Robert achieve what he can achieve with GRACE. So, it's a moving, living entity that needs support. And with that support I think it will grow into something special."	
20.58	Interviewer asks the respondent if medication would have been sufficient help on it's own to bring him to the place that he is now.	
	"Yeah, I wouldn't be where I am now without GRACE. GRACE gave me that confidence. That boost. And communication skills that I use every day now. Would I have come so far without GRACE? No. I would have improved but I wouldn't have improved as much and as quickly as I did. So GRACE...You don't think GRACE makes that much difference until you go through the different stages that I went through with confidence building and helping others and meeting new people. GRACE gives you that base, that core to build on. So you have your core of your individualism. Your...your perspective. And then if you add GRACE you get different avenues to pursue. And whether that be art or it could be digital. And you grow by meeting different people and then your horizon expands."	21.15-22.34
22.36	Interviewer asks the respondent what his views are on supporting people through mental health along with NHS support.	
22.51	Respondent replies that he believes that the Scottish Government are trying their best but that they don't know what they want. He thinks they know what they'd like to do but don't always have the funds. He also does not think that they always have the vision that Robert has about what mental health facilities should be available. Not just for addiction but for people who feel isolated. He says that feels GRACE and the NHS fill in the gaps that the Government misses. He says that he thinks that five to 10 year funding should be given to GRACE. He also says that GRACE may need to become self-funding at some point.	
24.59	Interviewer asks the respondent if he thinks that organisations like GRACE are a requirement to help build confidence.	
25.28	Respondent replies that charities like GRACE fill in the gaps that the Government miss.	
26.01	Interviewer asks the respondent if people would be able to maintain their confidence without GRACE	
	"GRACE, as I said, gives confidence. And it gives different strings to a person's bow. The NHS is wonderful but it can't do everything. Doesn't have the funding. Doesn't have the manpower. Doesn't have the facilities to do everything that needs to be done. Grace fills in the gaps. GRACE, it's a path that you can take to wellness. Rather than the path to addiction or even death. GRACE can be that, that cornerstone. That... the base, the rock that is needed by society. So, it's necessary. It's not just an	26.22-27.42

	afterthought. Or-that's nice to have that but we don't really need it. That's not the case. GRACE is needed. It's not so much of a charity as more of a lifeboat. You call out the RNLI when you see someone drowning. Well you call in GRACE when you see someone struggling."	
27.43	Interviewer asks if the respondent believes that without charities like GRACE mental health issue can relapse in people.	
	"Without GRACE I would have recovered, but just nowhere near the way I am the now. It's like, as I said, the lifeboat. It comes and if you see someone drowning they go and help. They don't just stand back and say- Well, I'll just refer you to them. Or, I'll give you some medication. They say-no, we're going tae deal with this. We're going to take this person. We're going to build up their confidence. Build up their skills. And then once they are ready they'll move on."	27.54-28.33
28.34	Interviewer asks the respondent what his hopes for the future are?	
	"As I said working with GRACE has opened my eyes to different possibilities that exist not just for GRACE but for myself. And it gives me a chance to imagine a greater life than I have the now and a better life. But, it's something very special."	28.53-29.16
	Interviewer thanks the respondent for his contribution to the project.	
 		
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