

Project: **'Reflections of trauma, challenges, and healing: An oral history'**  
 Respondent: Ricky A  
 Year of Birth: 1967  
 Age: xx  
 Connection to project: Local knowledge  
 Date of Interview: 13<sup>th</sup> July 2022  
 Interviewer: Indira Pole  
 Recording Agreement: Yes  
 Information & Consent: Yes  
 Photographic Images: Yes (Number of: 0 )  
 Length of Interview: 29.44  
 Location of Interview: Kirkintilloch  
 Recording Equipment: Zoom H4n (internal mics)



Time (from: mins/secs)	Description	Transcribed Extract (from- to: mins/secs)
0.45	Respondent was born at 6 Dougrie Drive Castlemilk Glasgow. The family lived in the Oatlands area of the Gorbals and Castlemilk. In 1986 he moved out to Kirkintilloch.	
1.37	Interviewer asked the respondent about his childhood	
1.44	Respondent describes his childhood in and around Kirkintilloch with his two brothers.	
2.39	Interviewer asked the respondent about school	
2.43	Respondent replies that some bits were good but that getting the belt from the gym teacher is not a happy memory of school.	
3.05	Interviewer asked the respondent about his adult life	
3.10	Respondent replies that he has spent most of his adult life in Kirkintilloch. He has strong family connections there.	
3.37	Interviewer asked about the respondent's career	
	Respondent describes some of his first occupations.-A YTS (Youth Training Scheme) in Castlemilk, gardening job and a photography course in the Gallowgate in Glasgow.	
4.45	Interviewer asked the respondent if there was any time in his life he experienced trauma	
	"There was one time I was at...waiting on the bus...See Buchanan Street the old way...when it was old. There were just wooden seats in the system. So, I'd missed the bus home one night and I had my big cassette with me; a big cassette player. And then this boy came up and we got chatting away. And the next thing he's lifting the cassette away from me. So I went along and then he was ready to pull a knife on me. I was quite...And then I tried to get	4.50-5.47

	the security, or whatever, at Buchanan Street. But they wouldn't take anything to do with it, you know. A traumatic... Twelve o'clock at night, you know. So, I was on my own, which was unfortunate. I was in the wrong place...wrong place at the wrong time. Or whatever they say. You know."	
	"We stayed in Milton Court. I don't know if you've heard of...It was at Christmas time. And I was coming in the close. Well, these two young...well, not young but maybe in their twenties, thirties...They asked me the time. And then I said-'Oh, I've not got it with me.' And then the next thing when I got into the close...I had a carry out with me...And then they got me at the bottom of the close. They pushed my face against the wall and said-'We've got a gun behind you.' And they took the carry out off me, you know. And said-'Don't look back until we've left.' And that was a..."	5.48-6.35
6.37	Interviewer asked the respondent if these incidents had an effect on his mind	
	"In a way it did, yeah (being robbed twice). Cause, I think that's when my anxiety came in, you know. It just made me feel anxious when I was out. Well, especially at night. Yeah, night time, you know. I was okay during the day but when it came to night, I wasn't."	6.43-7.11
7.03	Interviewer asked the respondent if these incidents are still affecting his life	
	"Sometimes it comes into my head (being robbed twice) but I try and put it at the back of my mind, you know. "  "As I say, it's deep in the back of my mind (being robbed twice). So, I just try and keep it there, you know. And don't think about it. Just think of the positives of what's going on just now."	7.16-7.23  7.51-8.02
8.15	Interviewer asked the respondent about his eyesight and the effect this is having on his daily life.	
	"It kind of is yeah. Like you say...Even out during the day I struggle to see faces from a distance. Even if they're that close to me, you know. But other than that I try...I take my time. Sometimes I'm looking down or whatever. I'm not looking towards the person. You know, when I go...But sometimes when I can see them I just say hello, or, just in passing, you know. But, other than that..."  "It can (his eyesight affect him emotionally) because the likes of working...I was more or less always working until my eyesight went, you know. And sometimes that frustrates me as well, you know. Cause...And then you hear people saying-'Oh, people on benefits and all this...' Saying-'Oh, you're a scrounger.' Or, 'You're getting money for nothing.' You know. But other than that I try and spin it again to bring it round to a positive. At least I'm not drinking, I'm not on drugs and I don't smoke so...That's the positive side. I could easily go out and spend my money on, as I say, drink, or, drugs. But I wouldn't do that because I've got a house to keep. And that's what	8.21-8.52  8.55-9.56

	keeps the motivation going, you know.”	
10.05	Interviewer asked the respondent if he sought support at the time of these incidents	
	“Not then, no. But since then...The likes of when my Mum and Dad passed. I got support from EDAMH (East Dunbartonshire Association for Mental Health) they recommended I spoke to the people at GRACE, you know. And even the job centre; just getting in contact with them. Everything’s been great since then, you know. Met a lot of new friends, socially, going places, you know, different areas; which has helped a lot, so.”	10.10-10.47
10.48	Interviewer asked the respondent how long he was at EDAMH (East Dunbartonshire Association for Mental Health)	
10.58	Respondent replies that he got support when each of his parents passed away and then again last year as he had become anxious due to his eyesight issues.	
11.25	Interviewer asks the respondent when he came to GRACE and what the specific thing is that helps him about GRACE in terms of support.	
	“It must have been last year (when he first came to GRACE). I can’t remember what day or month it was, but...As I say It’s helped a lot. I’ve got out more. I’ve...As I said I’ve made friends as well, you know, through the walking and things.”	11.30-11.48  11.55-12.19
	“Well, likes of the computer class, you know. I’ve kind of learned a bit but I would like to learn more. But as I say, again, sight issues, yeah. So, when I’m on my laptop I can’t see it. Even though you can get the accessibility thing on it. You know, to make the text bigger or whatever.”	12.34-12.41
	“I think it brings a more positive outlook (GRACE) to what I’ve been going through, you know.”	
12.56	Respondent says he is quite musical and enjoys the guitar, a bit of ukulele and the keyboards.	
13.32	Interviewer asks if walking helps his mind	
	“I think, the fact is, you can more or less clear your head (walking). You know, you’re concentrating...you’re focusing on where you’re going. And it more or less brings your mood up as well. I do my solo walks as well but other than that it’s mostly the group walks.”	13.37-13.55
14.10	Interviewer asks the respondent what it is about group walking that he finds helps his mind.	
	“I think it’s the social aspect. Cause, you’ve got someone to speak to as you’re walking. Whereas, on your own I’ve just got the headphones on listening to music (laughs).”	14.20-14.29

14.32	Interviewer asks the respondent if he likes making social contact.	
14.36	Respondent replies that he does but only when it's outside. He finds he gets anxious about his social skills in large gatherings. He goes on to say it varies from day to day. He describes some anxiety he felt at a concert he attended recently.	
17.06	Interviewer asks the respondent if attending GRACE is helping with his social skills.	
17.21	Respondent replies that sometimes he can be more outgoing than other times.	
18.04	Interviewer asks the respondent if he has been prescribed any medication for his anxiety by the NHS.	
18.06	Respondent replies that he has not got any medication for his anxiety. He finds that the support from GRACE has really been helping him.	
	Interviewer asks if his anxiety is a mental health illness or does he just live with it.	
	"I think I just live with it (anxiety). You know. I try not to let it take over myself. You know. I don't have, you know. I don't have the usual...they say you've got certain kind of thoughts. So, I don't have any of that so...which is a blessing."	18.59-19.14
19.16	Interviewer asks the respondent if he thinks anxiety stays for life or if it eventually goes away.	
19.53	Respondent responds that he thinks it will eventually go away.	
19.59	Interviewer asks the respondent what he would say makes anxiety go away.	
	"I try to be resilient, in what it is, you know. As I say, the walking helps. So, you can put that out of your mind as well. And then when I listen to music it takes you into a whole different world so..."	20.08-20.22
20.35	Interviewer asks the respondent about mental health problems in men.	
	"Aye, they don't like talking (men). It's like that one-because we're men we don't like speaking about it. But, any issues that I've got I'm always talking about it. Because it actually helps you. You know. It makes you feel as if you're not only helping yourself but you're getting help from the people you're speaking to, you know. "	20.51-21.14
21.30	Respondent says men don't like to feel as if they are being a wimp. He thinks men try to concentrate on a positive thing and push the bad to the back of their heads.	
22.17	Interviewer asks the respondent if men use alcohol or drugs as a coping mechanism	

22.35	Respondent replies that it depends how serious the trauma was. He also says that drink and drugs do seem to be things that people can turn to in these situations.	
23.04	Interviewer asks the respondent what he thinks about people with addictions being dismissed by society.	
	“They shouldn’t think like that. People should have a caring attitude, more or less, because it is an illness (addiction). If they’re taking a drug because...even though they’re addicted and they can’t get off it; it’s an illness. And it’s mentally as well, you know. They could be depressed or...and that’s why they’ve went that route.”	23.19-23.46
23.50	Interviewer asks if the respondent could help provide support for people with addictions in a group setting.	
24.12	Respondent replies that not in his case as he hasn’t been through addiction.	
24.39	Interviewer asks the respondent about his hopes for the future.	
	“Yeah, well, I’ve got a lot of support round me. So, that’s quite hopeful that way, you know. Well even my brother said-see if I didn’t have any financial help he would make sure I would be ok, you know. And then but...my only issue is my eyes, again. If I could get them fixed I could start, more or less, a normal life.”	24.56-25.32
	“I think hopeful is being able to visit friends and family, you know. See my nephews. Because I’ve got three nephews and a niece.”	26.43-26.56
25.35	Interviewer asks the respondent what the worst thing about his eyesight issues is.	
25.46	Respondent says that it’s more annoying than anything. It can be frustrating particularly when it comes to getting back to work.	
26.57	Interviewer asked the respondent about his thoughts on GRACE	
27.09	Respondent says that GRACE feels like a family and makes him feel part of something.	
	“And It’s only right that we all come together and show empathy towards our...you, know, people in more or less the same situation.”	28.37-28.50
29.00	Interviewer asks the respondent if he has anything he would like to add.	
29.13	Respondent replies that he will continue coming to GRACE and hopes to get involved in more activities.	
	Interviewer thanked the respondent for sharing his memories.	

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