

Social Care Institute for Excellence

Interview Summary Sheet

Title Page

Ref no: C1597/10

Collection title: Care Leavers' Stories

Interviewee's surname: Springham

Title: Mr

**Interviewee's
forename:** Ian

Sex: Male

Occupation: Trainer: Peer Mental
Health, KUF, Art,
TESOL

Date of birth: 1968

Dates of recording: 11.06.13

Location of interview: Social Care Institute for Excellence, 2-4 Cockspur Street, London, SW1Y
5BH

Name of interviewer: Rahma Mohammed

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Recording format : .mxf

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Mono or stereo:

Stereo

Total Duration:
03:01:48

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Copyright/Clearance: Full clearance

**Interviewer's
comments:**

C1597/10 Ian Springham

Track 1 [03:01:48] [Session: 31st May 2013] [00:00:00] Ian Springham [IS], currently working at Southwest London Recovery College [SWLRC] as a peer trainer, doing IT consultancy, art, mental health training, talks about how he came to be in his job, introduces the fact that he had been struggling with his mental health throughout adulthood and childhood, talks about realising he needed help at the age of 36, talks about his psychiatrist suggesting he try self-management and self-awareness courses at SWLRC, talks about how he felt being told about his mental health issues, mentions having breakdowns that were worse than before, mentions his wife demanding he seek professional help, [00:03:09] talks about how his mental health issues felt, talks about what may have provoked his mental illness, mentions his turbulent childhood, briefly mentions being placed into care, having few people to rely on, mentions wanting to avoid mental health services, mentions seeing his mother [M] sectioned several times [00:06:46], age six came to social services, had been struggling with relationships, sense of self, wife mentioned him accessing early life records, worried about doing so, combinations of events led to numerous breakdowns, paranoia was starting to creep, legally evicted by landlord, his wife suggested he get professional help, talks about why he thought being in care was dangerous [00:10:35] talks about being in foster placements, describes his family set up, residential assessment centre [RAC] after foster placements [FP], bullying in RAC, sexual bullying, physical violence, everyday felt like battle of survival, mentions routine in RAC home, mentions how long he was in RAC, placed with a large foster family, very difficult, describes family set up, suffered sexual intimidation from one of the older children, describes difficulties, felt isolated, kept contact with mother, felt divided loyalty [00:17:31]

Track 1 [cont. from 00:17:31] Mentions loving his mother, felt thrown out of family home, wanted to live with mother again, unable to explain how he felt, describes relationship with foster parents, wanted to be invisible, conflicted loyalties with two mothers, foster father was a bully, visited them after 20 years, wife knows life story, talks about family dynamic in FP, talks about toughest time throughout 8 years in foster placement, aged 13 to 14 years old he was depressed, increased contact with M and grandmother, behaviour changed for the worse when he was 13/14, [00:25:06] talks about academic ability, done maths O level at 14, drunk and passed, experienced anxiety, contemplated suicide, left suicide note, really wanted to die, [00:27:25] picked up by police, Social Worker [SW], M, Foster Parents worked out plans for future, on 16th birthday took bike and cycled to mother's doorstep, talks about 2 best friends who also came from broken homes, talks about his experience with adults and his opinion of them, [00:32:06:04] talks about M's eccentric behaviour, talks about earliest recollection of being in care, recalls being picked up from school by the police and taken to Social Services as M had been sectioned, moved to Camden with m, talks about M's health deteriorating, felt different from other kids in school, mentions visiting m whilst sectioned [00:40:42]

Track 1 [cont. from [00:40:42] Recollects Friern Barnet mental hospital, list times when M was sectioned, when M was ill she wouldn't recognise him, was homeless at age 24, M was sectioned then and that was last time they saw each other, talks about M's death, died of a brain haemorrhage 7 and a half years ago, authorities told his older brother who told him and his little sister, took it upon himself to arrange, organise and conduct funeral, talks about relationship with M when she was well, mentions crying during therapy, age 24 he cut ties with his mother, [00:48:38:16] talks about what he wished he could have changed, mentions

trauma therapy, talks about relationship with SWs, had 2 over 10 years, got a new SW at age 10, talks about having a male SW [00:56:43] [IS requests break] [ten-minute comfort break] [cont. from 00:56:43] talks about his last SW and his inappropriate behaviour, talked about it in therapy, talks about relationship with brother and sister, discusses his birth family and his father not being his biological father, found out at 15 after seeing blood test results, talks about his sister going into care, sister was adopted by a family and had 2 parents, brother sister and IS first met together in 1991- aged 31, felt hurt that siblings weren't around when he needed them [01:04:26],

Track 1 [cont. from 01:04:26], IS and brother used to meet up frequently, he got engaged at least 3 times, hadn't seen brother in nearly 30 years, talks about difference in upbringing between him and his siblings, only hears from sister when she has problem, talks about wanting to find birth father, at age 16 M bumped into his birth father [BF] and brought him home, years later M said she wasn't sure his BF was actually his BF, found out sister had the same problem, talks about his brother's upbringing, mentions the fact that of his siblings he has more memories of M [01:16:06], talks about relationship with his sister's adoptive parents, in contact with her adoptive brother and sister, talks about school life whilst being a looked after child, didn't socialise, weird behaviour by the age of 5/6, very wary of other people, related better with teachers, talks about moving schools, describes his relationship with the foster siblings during school, 2 schools in one term, foster family moved houses, writing and speech problems had been spotted early, stuttered, lisped, had speech therapy [01:25:03], met other children with difficult lives, went into an established class 3 months later than everybody else, continues to talk about his lower school years, lived in biggest house in town, 8 bedrooms, detached, had been the local orphanage, had connotations with being adopted or fostered, talks about secondary school, passed exams to enter grammar school, foster parents decided against it, talks highly of first 3 years of secondary school, withdrew himself from society and rebelled, now wishes that hadn't happened, talks about his feelings of continuously moving, [01:32:27]

Track 1 [cont. from 01:32:27] had the power to make a choice, chose to leave foster parents, in hindsight doesn't think that was wise, stayed with mother for 2 and a half years, wasn't as nice as he had thought it would be, different dynamic, rivalry for M's affections between IS and M's boyfriend [01:37:52], started another new school, got beaten up, moved to yet another school, stopped going to school, M and her boyfriend used to argue, stayed with grandmother and her boyfriend, recalls road accident where he was hit by post office van, numerous injuries (spine, brain, head, broken leg), brought family attention onto him - enjoyed this, looked positively at life, retook exams, SW was intervening, began to withdraw from life, applied for housing from the Local Authority [LA], describes flats offered to him by the LA, M split from boyfriend, IS effectively became M's carer, this took him back to being 5 years old again, M was sectioned again, IS moved into a bedsit, talks about M's relationship with her boyfriend which was restarted, mentions a Christmas celebration that turned into an argument, recalls his grandmother being ill [01:46:41], M's reaction when he ran away to her, talks about M being affectionate towards him, how moving around a lot affected his relationships, talks about not being able to recall a time throughout his childhood where he felt safe and content, brief flashes of happiness, talks about meeting wife and how she became his support system, talks about his constant being in a relationship, constant working, [02:00:00]

Track 1 [cont. from 02:00:00] talks about an academic role he had been working in Central London, stopped work for a while, mentions again making contact with his FPs, explains the

feelings of his mental state when unwell, mentions that he discloses everything to his wife, talks about overcoming isolation and regaining self-esteem, mentions that there wasn't much help available for the mentally unstable, went to support groups, wife and himself spent 3 years almost together every day, lived in Wimbledon, talks about his art [02:10:44] enrolled at Croydon college, took a web design course, ran a selling exhibition, helped him to engage with other people, way for him to express himself, mentions some of the places he worked, talks about the challenges of living alone [02:19:10], found solace in a pub, neighbours were in similar situations, was in supreme isolation, just before 19th birthday found brother's father's cousin, found this helpful and destructive. [02:26:31] [IS requests break] [ten-minute comfort break].

Track 1 [cont. from 02:26:31] IS talks about how he felt care has impacted him, talks about how different life would have been if he hadn't been In care, realised that he now focuses on the positive, talks retrospectively of what could have been different, mentions a distant relative and his band of friends not helping his life [02:35:55], got involved with the missing persons helpline, used his computer skills, was able to use his experiences to his benefit, mentions the good and bad aspects of being in care, talks about having his care records and accessing them, wishes he had talked to people and asked for help, talks retrospectively of his experience, adult community failed to realise his need for help [02:46:13], mentions being groomed as a child, hopes that SS have a better system of looking after children's mental health, his hopes for the future as a LAC, positives brought from being in care into present, talks about resilience, looking for meaning, IS's current hopes for the future, main things that helped IS through his time in care. [03:01:48] Interview End