

Witness Name: Helen Frances  
Foster  
Statement No: WITN0393001  
Dated: 12.02.2026

## THE NOTTINGHAM INQUIRY

### FIRST WITNESS STATEMENT OF HELEN FRANCES FOSTER

I, Helen Frances Foster, will say as follows: -

#### Introduction

1. I currently work for the Wilf Ward Trust as a support worker.
2. This witness statement is made to assist the Nottingham Inquiry (the “**Inquiry**”) with the matters set out in the Rule 9 Request dated 19<sup>th</sup> December 2025 (the “**Request**”).

#### Background

3. I have been asked to set out my interactions with VC during my employment at the Priory Hospital Arnold.

#### Career and role

4. I qualified as a nurse in 2000.
5. I studied mental health nursing at the University of York. Whilst I was a nurse, I was a member of the Royal College of Nursing, but I am no

longer a member. From March 2000 to February 2004, I worked as “Staff Nurse” in Stockton Hall Hospital. In 2004 I worked in Rampton Hospital for approximately 6 years, after which I worked at the Retreat hospital in York until 2014. From January 2015 to February 2016, I was a teaching assistant at Selby High School. I supported students with ADHD, autism, and behavioural challenges. I worked at Osborne House from February 2016 to February 2017 as a Health Care Worker where I assisted elderly dementia patients. From March 2017 to May 2019, I worked as “Staff Nurse” in Rampton Hospital. I was employed as a “Charge Nurse” at the Priory Hospital Arnold from March 2018 to August 2022. After leaving the Priory Hospital Arnold, I worked in Boughton Manor Care Home. I resigned from nursing in approximately February 2024.

6. I work for the private sector and do not have any professional appointments.
7. I was a Charge Nurse at the Priory Hospital Arnold. My role included leading care for patients with severe mental health conditions, developing care plans, attending mental health tribunals, running 1:1 sessions, managing a caseload, overseeing medication administration and dealing with anything tribunal related.
8. I left the Priory Hospital Arnold in August 2022. I currently work for the Wilf Ward Trust as a support worker.

### **Interactions with VC**

9. It is hard to recall VC as patient because I never even had a conversation with him. What I can recall is thinking he was a strange man. He was always very isolated, did not interact or have much to do with people on the ward or staff. He just stayed in his room. I do not recall seeing any outward displays of aggression at all, just that he kept himself to himself.

10. I have reviewed the entry dated 11.10.2021 at 03:47 on exhibit

**PAGR0000025**. I cannot recall the entry as it was a long time ago. I therefore have no further comments, amendments or additions to the entry.

11. I have reviewed the entry dated 10.10.2021 at 07:09 on exhibit

**PAGR0000025**. This entry requires an amendment. Where it states, "*He remains on level 2 x 2 checks per minute*", this should read 2 x 2 checks per hour.

12. We were required to sign patients out when they had community leave and note the time that they were due back. When patients returned from community leave, we were required to sign them back in as well as check all their belongings. I did not see VC with the hammer as I did not sign him back in when he returned from community leave. The individual that did sign him back in would have checked his belongings and it would have been this individual that found the hammer. I am not sure who signed VC back in, I cannot recall the name of the member of staff that signed him back in and it is unclear from the entries on exhibit **PAGR0000025**. The individual that signed VC back in and found the hammer should have filed an incident report and followed this up. I am not sure why this action was not carried out.

13. I do not recall having any conversations with colleagues regarding any risks VC may have posed to others.

### **Reflections**

14. I think that VC bringing a hammer back into the Priory Hospital Arnold is a serious incident and one that should have been investigated. From the notes there does not seem to be any investigation or consequences. In my view, following the hammer incident, VC's leave should have been stopped and the incident investigated. The incident forms are held on the Priory system and are very easy to use. My

assumption, from the notes that I have seen, is that this incident was not followed up.

15. Following the consequences of VC's attacks, I think we need to be more aware of the threat people pose, particularly those that are quiet and isolated. If I think a little more about it, we can always learn from it and next time do things differently. If there are people that are quiet and isolated, personally going forward, I would speak to the person directly and ask them questions. I think in situations like this direct questions need to be asked rather than making assumptions. It may be difficult at first to ask questions and have some sort of engagement, but this is the process I think should be implemented.

16. I have not given any interviews or made any public comments about the actions of VC or the matter under investigation by the Inquiry.

### **Recommendations**

17. The families need to be involved in processes as much as possible and everyone involved needs to be open and honest about what has happened. There needs to be a change at ward level and there needs to be some accountability. If people are let out into the community, then assurances need to be made to ensure they are safe. There needs to be open communication, a breakdown of communication means we will not learn from this, and the same things will happen again. A lot of tragic incidents have happened and nothing has changed, people need to be more vigilant and there needs to be more training. I do think there is good training available, it just needs to be put into practice.

**Statement of Truth**

I believe the content of this statement to be true. I understand that proceedings may be brought against anyone who makes, or causes to be made, a false statement in a document verified by a statement of truth without an honest belief of its truth.

Signed: **GRO-B**

Dated: 12/02/2026 \_\_\_\_\_

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<b><u>Exhibit No.</u></b>	<b><u>Document URN</u></b>	<b><u>Document Description</u></b>
1.	PAGR0000025	VC's Medical Records from 01.10.2021 to 27.10.2021