

SAR to Thurrock Council

Nnamdi Michael Okpala

15 Evesham Way, Ilford, Essex IG5 0EQ

24 August 2025

Data Protection Officer

Thurrock Council

Civic Offices, New Road

Grays, Essex RM17 6SL

Subject: Subject Access Request - Article 15 GDPR - Reference 1083077

Dear Sir/Madam,

I am writing to make a Subject Access Request under Article 15 of the General Data Protection Regulation (GDPR) and Section 45 of the Data Protection Act 2018.

Personal Details:

- Full Name: Nnamdi Michael Okpala
- Date of Birth: 19/05/2001
- Reference: 1083077

Records Requested for Period: September 2010 to August 2025

I require ALL records including:

- All housing applications and decisions (especially May 2025 and August 2025)
- Mental capacity assessments (particularly 5 August 2025 interview)
- Children's social care records (2010-2019)
- Adult social care records (2019-2025)
- Foster care placement records
- All correspondence with Heathcare Services
- Internal emails/notes about me
- Care Act assessments
- Safeguarding records
- Records relating to Oluwafemi Ojo (my social worker)

Please provide in electronic format.

Yours faithfully,

Nnamdi Michael Okpala

2. SAR to Mid and South Essex NHS Foundation Trust

For the text box in the form, include:

"I require ALL medical records from September 2010 to August 2025, including:

- Original autism diagnosis records and date
 - All mental health assessments
 - Records for Autism Spectrum Disorder
 - Records for Unspecified Non-Organic Psychosis
 - Medication records (Sodium Valproate 300mg, Aripiprazole 10mg)
 - All clinical notes from Basildon Hospital
 - Emergency department records
 - Any capacity assessments
 - All correspondence about me"
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3. SAR to Heathcare Services

Nnamdi Michael Okpala
15 Evesham Way, Ilford, Essex IG5 0EQ
24 August 2025

Data Protection Officer
Heathcare Services
15 Evesham Way
Ilford, Essex IG5 0EQ

Subject: Subject Access Request - Article 15 GDPR

Dear Sir/Madam,

I am a current resident. I request ALL records from February 2025 to August 2025, including:

- Placement agreement
- Daily notes and logs

- Incident reports
- Notice to Quit (28 July 2025)
- Complaints about noise/behavior
- Staff communications about me
- Emails to Thurrock Council (especially 28 July 2025)
- Risk assessments
- Medication compliance records

Yours faithfully,

Nnamdi Michael Okpala

4. SAR to Redbridge Mental Health Services

Nnamdi Michael Okpala
15 Evesham Way, Ilford, Essex IG5 0EQ
24 August 2025

Data Protection Officer
Mental Health & Wellness Team – North
Redbridge Integrated Care
Address (CURRENTLY UNIFORMED)

Subject: Subject Access Request - Article 15 GDPR

Dear Sir/Madam,

I request ALL records, particularly:

- Assessment dated 25 July 2025
- All capacity assessments
- DOLS (Deprivation of Liberty) considerations
- Treatment plans
- All clinical notes

Period: All records held

Yours faithfully,

Nnamdi Michael Okpala

