

**BEFORE THE FITNESS TO PRACTISE COMMITTEE  
OF THE GENERAL OPTICAL COUNCIL**

**GENERAL OPTICAL COUNCIL**

**F(25)34**

**AND**

**JAMES REES - (D-14085)**

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**NOTICE OF INQUIRY  
SUBSTANTIVE HEARING**

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Take notice that an inquiry will be conducted in the above matter by the Fitness to Practise Committee of the General Optical Council.

A substantive hearing will be proceeding:

**Remotely**

The substantive hearing will commence at 9:30am on **Monday 2 – Wednesday 4 March 2026** by way of video conference or telephone conference facilities.

The Inquiry will be based upon the allegation submitted by the Council (see below) and will determine whether the fitness to practise of **James Rees** is impaired by virtue of the provisions contained in section 13D(2) of the Opticians Act 1989.

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Taz Chisango  
Hearings Manager, General Optical Council

03 February 2026

## ALLEGATION

The Council alleges that in relation to you, **JAMES REES (D-14085)**, a registered dispensing optician:

1. *On 6 September 2024, at Livingston High Court, you were convicted of:*
  - a. *Rape, contrary to Section 1 of the Sexual Offences (Scotland) Act 2009, the particulars being that on various occasions between 28 August 2015 and 31 July 2016, both dates inclusive, you assaulted [redacted], and did penetrate her vagina and anus with your penis and you did thus rape her;*
  - b. *Stalking, contrary to Section 39(1) of the Criminal Justice and Licensing (Scotland) Act 2010, the particulars being that between 28 August 2015 and 31 July 2016, both dates inclusive, you engaged in a course of conduct which caused [redacted], fear or alarm in that you did repeatedly telephone and text her, repeatedly monitor her whereabouts, repeatedly access her mobile phone;*
  - c. *Rape, contrary to Section 1 of the Sexual Offences (Scotland) Act 2009, the particulars being that on various occasions between 1 September 2016 and 31 January 2021, both dates inclusive, you assaulted [redacted], and you did expose your penis, pull her lower clothing down, and penetrate her vagina and anus with your penis and you did thus rape her;*
  - d. *Sexual assault, contrary to Sections 3 and 5 of the Sexual Offences (Scotland) Act 2009, the particulars being that on various occasions between 1 September 2016 and 31 January 2021, both dates inclusive, you sexually assaulted [redacted], intentionally engage in a sexual activity in the presence of said [REDACTED] in that you did masturbate whilst lying in bed beside her;*
  - e. *Stalking, contrary to Section 39(1) of the Criminal Justice and Licensing (Scotland) Act 2010, the particulars being that between 1 September 2016 and 31 March 2019, both dates inclusive, you engaged in a course of conduct which caused [redacted], fear or alarm in that you did repeatedly telephone and text her, repeatedly monitor her whereabouts, repeatedly shout, swear and repeatedly utter derogatory comments to her;*
  - f. *Rape, contrary to Section 1 of the Sexual Offences (Scotland) Act 2009, the particulars being that on an occasion between 1 November 2017 and 18 December 2017, both dates inclusive, you, having penetrated the vagina of [redacted], with your penis with her consent, did assault, and did continue to penetrate her vagina with your penis whilst you did place your hands around her neck, squeeze her neck, restrict her breathing, and you did thus rape her;*
  - g. *Abusive behaviour, contrary to Section 1 of the Domestic Abuse (Scotland) Act 2018, the particulars being that between 1 April 2019 and 31 January 2021, both dates inclusive, you engaged in a course of behaviour which was abusive of [redacted] in that you did:*
    1. *repeatedly telephone and text her;*
    2. *induce her to share her location with you;*
    3. *access her mobile telephone without her permission;*
    4. *lock her out of her home;*
    5. *send her images of you self-harming;*

6. *repeatedly push her on the body pull her across the ground and urinate on her;*
7. *shout, swear, utter derogatory comments to her and act in an aggressive manner; and*
8. *accuse her of cheating;*

h. *Rape, contrary to Section 1 of the Sexual Offences (Scotland) Act 2009 the particulars being that on various occasions between 1 September 2020 and 31 January 2021, both dates inclusive, you assaulted [redacted], and you did penetrate her vagina your penis and you did thus rape her.*

**And by virtue of the facts set out above, your fitness to practise is impaired by reason of a conviction.**

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**Committee Members:** Sarah Hamilton (Chair/Lay)  
Nicola Enston (Lay)  
Asmita Naik (Lay)  
Sue Deal (Dispensing Optician)  
Nahid Sadr-Kazemi Bennett (Dispensing Optician)

**Legal Adviser:** Jayne Wheat

**Hearings Officer:** Natasha Bance

**Transcribers:** Marten Walsh Cherer Limited

If you require further information relating to this hearing, please contact the Council's Hearings Manager at [hearings@optical.org](mailto:hearings@optical.org).