

Safety

If you have concerns about your personal safety then please call Durham Constabulary for advice on 101.

In an emergency always call 999.

Helpful Organisations

These are other places that you can call if you would like their support. We can also contact them for you.

RSACC (sexual violence) **0330 222 5730**

Women's Aid **0808 800 0340**

Safeline National Male Survivor Helpline (sexual abuse) **0808 800 5005**

National Rape Crisis Helpline **0808 500 2222**

The Samaritans (24hr mental health helpline) **116 123**

Mankind Initiative (males experiencing domestic abuse) **01823 334244**

Contact us

The Meadows SARC
Durham, DH3 3UA
0330 223 0099



middlesbroughanddurham.sarc@nhs.net
www.sarcdurham.co.uk

Questions?

If you think of any questions before arriving at our SARC, or whilst you are in our waiting room, you can write them down here so you don't forget them.

Feedback

We love receiving positive feedback about the service we provide, but we are also happy to receive any suggestions for improvements. Knowing what we are doing right, and what we could do better, will help us to continue delivering excellent care. You can leave us feedback in-person at the SARC or on our website www.sarcdurham.co.uk

The Meadows

Sexual Assault Referral Centre



Confidential healthcare and support for anyone in County Durham and Darlington that has experienced sexual assault. We can help 24/7/365.

Tel: **0330 223 0099**
www.sarcdurham.co.uk



Service provided by:



Welcome to The Meadows SARC

The Sexual Assault Referral Centre (SARC) in Chester-le-Street, County Durham, offers free medical care and support to anyone who has experienced sexual assault or rape in their lifetime.

We can help 24 hours a day, every day of the year.

Call us on **0330 223 0099**

At the centre you will be offered support and guidance, a medical assessment/treatment, a forensic examination, and the opportunity of aftercare referrals for support services. You will be offered these services based on your individual needs and can choose to use as much or as little of the service as you wish.

You will need an appointment before coming to the centre. If you would like to attend as a self-referral (no police involvement) please call us and speak to one of our specially trained nurses who can arrange an appointment for you.

If you would like police involvement, they will make an appointment for you and bring you to and from the centre.



Before your appointment

The centre staff may provide you with advice on how to preserve evidence before attending your appointment such as not washing or brushing your teeth. However, we understand that these things may have already happened. This is ok and you can still attend your appointment.

You will probably be at the centre between 2 to 4 hours, this depends on the care and support you need so you may want to wear or bring some comfy clothes to change in to. Please try to not arrive early for your appointment so we can make sure we are ready for you when you get to the centre. If you think you are going to be early or late, please contact us.

At your appointment

When you arrive at the centre you will meet our crisis worker and one of our nurses. Your crisis worker will stay with you throughout your time at the centre to help and guide you. Both your crisis worker and nurse can answer any questions you may have and will explain what happens during your appointment.

During the appointment we will talk to you about your healthcare needs and risk assess for pregnancy and blood borne viruses. We can also provide medication such as emergency contraception at the if needed (free of charge).

Our team can provide immediate sexual health advice and provide information around screening for sexually transmitted infections (STIs). We do not complete STI screening at the SARC but we can support and refer onto sexual health services for this.

“Survivors deserve to be heard and believed. We believe you.”

Medical examination

If something has happened to you recently, you may have the option of having a forensic medical examination, this can include forensic samples being taken and to check if you have any injuries. If this is something you are considering, it is best to contact us as soon as possible. We can offer this even if you do not want to involve the police now but feel you may want to in the future. In this instance all samples will be stored at our SARC for 2 years should you later decide to report.

During the examination the nurse and crisis worker will regularly check in with you to make sure you are ok and can still continue. You are in control and can have a break or stop the examination at any point. After the examination you have the option of having a shower at the centre, we provide a care bag which has items such as shampoo and a toothbrush. We also provide clothing to change into if yours have been taken as evidence.

Aftercare

When the examination is over the nurse and crisis worker will talk to you about how you are feeling and other agencies you can be referred into for further support and care.

Take care

Before you leave the SARC, we will give you some information to take away with you including a booklet called “Summary of Your Care”. This has information on the care you have received, any medication you have been prescribed and details of any further appointments you may have.

We want to know how you are getting on after your visit us and we understand that you might have questions after you have left. You can call us at any time if there’s something you think of that you need to ask us. We will also offer to call you six weeks after your visit to see how you are and find out if you need any additional support.