

Aftercare

When the examination is over, the nurse and crisis worker will talk to you about how you are feeling and discuss any referrals into further support and care services. We will also check that you have a safe place to go to when you leave the SARC.

After you leave, if you have any questions or need advice, you can call us anytime.

With your permission, we will contact you six weeks after your appointment to see how you are doing and find out if you need any additional support.

Helpful Organisations

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

RSACC	01325 354119
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

Our service is available
24/7/365 days a year.

Call now to get advice and
support and make an
appointment.



Sexual Assault Referral Centre (SARC)
Durham
Newcastle Road
Chester la Street,
County Durham
DH3 3UA



Safety

If you have concerns about your personal safety then please contact the Police for advice on 101. In an emergency always call 999.

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 to receive feedback about our services, and 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 via our email teessideanddurham.sarc@nhs.net



The Meadows

Sexual Assault Referral Centre

Service Leaflet



Health care and support service in County Durham and Darlington for adults, following sexual assault or rape.

Call us 24/7/365 for help.



0330 223 0099
www.sarcdurham.co.uk



Service provided by:



Welcome to The Meadows SARC

We offer free, confidential healthcare and compassionate support in County Durham and Darlington for adults aged 16 years and over who have experienced sexual assault or rape.

Our service is available 24/7/365 days a year.

 **0330 223 0099 (24/7/365)**

At the SARC, we provide a medical assessment, a forensic examination (for the purpose of DNA collection), support services, and aftercare referrals for further treatment, support and guidance. You will be offered these services based on your individual needs.

You will need an appointment before coming to the SARC.

You can either report the incident to the Police and they will arrange an appointment for you.

Or, if you wish to attend without Police involvement, you can call us and speak to one of our specially trained nurses who can arrange an appointment for you.

We will support you throughout.

**A SARC is a
Sexual Assault
Referral Centre**



Accessing our SARC service

Patients cannot visit the SARC without an appointment. There are a couple of options available to make an appointment.

You can report to the Police, who will gather information about your case, arrange a SARC appointment for you and bring you to the SARC. When you attend with the Police, they will wait in a separate area of the SARC until the examination is finished.

You can also attend without Police involvement (as a self-referral). Please call us to speak to one of our nurses and arrange your appointment time. This option allows you to receive important healthcare and have evidence collected, without reporting to the Police.

You can also be referred to us by another service (such as your GP or sexual health), but we will still need to speak to you to get your consent to make an appointment.

Before your appointment

Staff at the SARC can advise you on how to preserve evidence before you come to your appointment, such as not washing your body. We understand that this may have already happened and, if so, you can still attend your appointment.

We recommend bringing comfortable clothes to your appointment as you will likely be at the SARC for a few hours (dependent on individual needs).

In order to ensure patient confidentiality and privacy, the SARC team only take one appointment at a time. Therefore, please do not visit the centre earlier or later than your time of appointment.

We understand that this is sometimes unavoidable. If you are going to arrive early/late please call and let us know as soon as you can.

At your appointment

When you arrive at the SARC, you will meet our crisis worker and one of our nurses. Your crisis worker will stay with you, to help and guide you, during your time at the SARC. Our crisis worker and nurse will assist you, answer any questions you may have and explain what happens during your visit.

We will complete a holistic medical assessment and, as part of the visit, we will talk to you about your healthcare needs, such as risk of infection or pregnancy.

We can also provide medication such as emergency contraception, if needed.

Our team can also provide immediate sexual health counselling and information about screening for sexually transmitted infections (STIs). We do not conduct STI screening at the SARC, but we can support you and discuss referrals into sexual health with you.

Medical examination

Depending on when the incident occurred, you may be offered a forensic medical examination (conducted by our highly skilled and compassionate examiners). This includes examining any physical injuries and collecting forensic samples. If an examination is something you are considering, it is best to contact us as soon as possible.

If you choose to attend for a medical examination, you can stop or change your mind at any time. You will still be offered full support from our team.

If you have attended with the Police, we will give any evidence to them, to support with your case. Or, if you have attended without Police involvement, we can keep the your forensic samples secure at the SARC for 2 years, giving you time to decide if you wish to engage with the Police at a later date, whilst preserving forensic evidence.