

## 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.

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

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

**0330 223 0099**



## Beech House SARC

Unit 7 and 8  
North Court  
South Park Business Village  
Armstrong Road  
Maidstone, Kent  
ME15 6JZ



## Helpful Organisations (National)

Rape Crisis National Support Line  
 0808 500 2222 [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Victim Support  
 08 08 16 89 111 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Samaritans  
 116 123  
 0845 790 9090 (24/7 Helpline)  
 [www.samaritans.org](http://www.samaritans.org)

National Centre for Domestic Violence  
 0800 970 20 70 [www.ncdv.org.uk](http://www.ncdv.org.uk)

NSPCC Helpline  
 0800 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

Mankind -FREEPHONE (will not show on your bills) 0808 800 1170  
Mankind - HELPLINE 01823 334 244  
(for those with inclusive minutes)

Text SHOUT to 85258 free, confidential, 24/7 text support service for anyone

## Helpful Organisations (Local)

East Kent Rape Crisis Line	0800 458 2818
East Kent Rape Crisis Support	01227 450400
Family matters Kent	01474 453 661
Dad's Unlimited Kent	01233 680 150
Kent police non emergency	101
Kent police Emergency	999 or 911
Kent police Reporting a crime	01622 690 690
SATEDA Domestic abuse for women and children in swale	01795 417251
One in Four - Kent	01622 230735
Kent release the pressure	0800 1070160

## 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 email to: [bh.admin@nhs.net](mailto:bh.admin@nhs.net)



# Beech House

## Sexual Assault Referral Centre Service Leaflet



Confidential healthcare and support service for anyone in Kent and Medway, following sexual assault including rape.

Call us 24/7/365 for help.



**0330 223 0099**

[www.beechhousesarc.org](http://www.beechhousesarc.org)



Service provided by:



# Welcome to the Beech House SARC

We offer free, confidential healthcare and compassionate support to people of all ages in Kent and Medway that have experienced any form of sexual assault including rape.

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

 **0330 223 0099**

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.

People aged 13 and older can access our service. You will need an appointment before coming to the Beech House 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.

For under 13s, Please call the Police or your local Safeguarding team. You can also read our parents and carers guide.



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

## Accessing our SARC service

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.

## 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 wearing 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, 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 nurses). 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 your forensic samples secure at the SARC, giving you time to decide if you wish to engage with the Police at a later date, whilst preserving forensic evidence.