

Aftercare

When the exam is over, the Nurse and Crisis Support Worker will talk to you about how you are feeling. You may be referred to other agencies for further support and care.

Before you leave SARC we want to know that you are going back to a safe place and understand that you may have questions after you leave. You can call us anytime if you feel there is something you need to ask us about.

With your permission, we will call you three 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 make referrals and appointments and get advice and support.

 0330 223 0099





Address:

48 Bridge Road,
North Yorkshire
YO23 2RR





Helpful Organisation

North Yorkshire

- Sexual Health Service - (North Yorkshire)
yorsexualhealth.org.uk  01904 721111
- IDAS - Support victims of childhood sexual abuse as well as people who've been assaulted or raped as adults.
idas.org.uk  0300 110 110

Humberside

- Sexual Health Service (North Humberside)
conifersexhealth.co.uk  01482 247111
- South Humberside: www.thesexualhealthhub.co.uk
 0300 330 1122

Blue Door

- Support those who have experienced rape and serious sexual offences - www.yorkshiresurvivors.co.uk  01724841947
- Heartbeat: To help navigate into healthcare -
nyccg.spocmilitaryfamilies@nhs.net  01609 765315
- Drugs and Alcohol Support. www.nyhorizon.org.uk
 07584172640
- Confidential and safe help and advice about service -related mental health issues for the whole military community.
 08001 381 619 (Available 24 hours).
- Military Mental Health Helpline:  0800 3234444
- Veteran Engagement: Forward Assist (forward-assist.com)
admin@forward-assist.com
- Salute Her: Salute Her UK provides trauma-informed therapy to support women veterans with lived experience of sexual assault and associated trauma.  0191 250 4877
- WRAC (women's Royal Army Corps): info@wraca.org.uk



**Forensic Nurse
Advisor for
Sexual Assault**
Supporting the military community



Confidential healthcare support for those within the military community across North Yorkshire and the Humber region.

Call us 24/7/365 for help.

 0330 223 0099
www.bridgehousesarc.org



Service provided by:

Hello!!!

My name is Emma Hatfield, I am a Forensic Nurse Advisor (Military). I am commissioned by the NHS to be the Single Point of Contact for Armed Forces Personnel for Sexual Assault Referral Centre (SARC) cases in the North Yorkshire and Humber region, ensuring the highest standard of care and support.



This service offers free support and confidential advice to anyone in the military community, this could be for serving personnel ex-serving personnel or families that have experienced sexual assault.

This support service is completely confidential, and you do not need to give any personal information to get help. As an FNA, I work closely with local sexual assault referral centres, which can be accessed 24/7/365.



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This service offers you;

1. Access to support services that may be relevant.
2. Opportunity to talk through options available to you.
3. The appropriate healthcare for your needs.
4. The choices that you will be in full control of.
5. Support reporting the incident to the Royal Military Police or Civilian police (if that is what you want to do)
6. If appropriate for your needs an appointment at the SARC will be arranged for you.

A SARC is a Sexual Assault Referral Centre.



What Happens at the SARC?

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.

Your appointment can last between 2 and 4 hours. It depends on the care and support you need so we suggest wearing or bringing some comfortable clothes to change into.

Please try not to arrive early for your appointment so we can make sure we are ready for you when you arrive at the SARC. If you think you are going to arrive early or late, please contact us.

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.

We offer forensic sample collection even if you no longer wish to involve the police. This gives you the option of obtaining forensic evidence if you choose to report the incident at a later date. In this case, all samples will be stored in our SARC for 2 years.

During the exam, the Nurse and Crisis Support Worker will check in with you regularly to make sure you're okay and want to continue. You are in control and can pause the exam at any time.

After the examination, you have the option of showering at the centre and we provide a care bag containing items such as shampoo and toothbrush. We also provide clothing if your clothes are taken as evidence.

We are a
24/7/365 service



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