

## Safety

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

## Helpful Organisation

NIDAS (Newcastle Integrated Domestic Abuse Service) 0191214 6501

Victims First Northumbria 0800 0113116

Women's Aid 0808 800 0340.

National Rape Crisis Helpline 0808 802 9999

The Samaritans (24hr mental health helpline) 116123

Rape crisis helpline (24/7): call 0808 500 2222

Mankind Initiative (male domestic abuse) 01823 334244.


Man's Hours (1:1 counselling for domestic or sexual abuse) 07542625519.

Boy's Hour (Counselling for boys & young males aged 4 - 17 living in Tyne & Wear or Northumberland) 07542625519.

SHOUT: text 'SHOUT' to 85258

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:

The Angel Centre, South Bank Block,  
St Georges House , NE11 0JT



## Our Patients' Comments:

'The team were very helpful and caring they made sure I was okay throughout. The service I received was amazing. I was made to feel safe and cared for and constantly reassured.'

'The staff made me feel so comfortable, given the circumstances. I didn't feel judged at all and the conversations were completely relaxed and at my own pace'

The service is very professional and private, the girls are amazing, they put you at ease and explain all of the process along the way.'

## Feedback

We love to receive your 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 on our website [www.sarcnorthumbria.co.uk](http://www.sarcnorthumbria.co.uk).



## The Angel Centre Sexual Assault Referral Centre (SARC)



Confidential health care and support service after sexual assault or rape in Northumbria.

Call (0330 223 0099) 24/7/365 for help.

 0330 223 0099  
[www.sarcnorthumbria.co.uk](http://www.sarcnorthumbria.co.uk)



Service provided by:



# Welcome to The Angel Centre SARC

We offer free, confidential healthcare, and compassionate support to adults who have experienced sexual assault or rape in Northumbria.

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

 0330 223 0099

At the center, we provide aftercare referral opportunities for support and guidance, a medical evaluation/treatment, a forensic examination (for the purpose of DNA collection), and support services. You will be offered these services based on your individual needs.

You will need an appointment before coming to The Angel Centre SARC. If you wish to attend as a self-referral, please call us to speak to one of our specially trained nurses who can arrange an appointment for you.

If you have reported this incident to the police, they will call SARC directly to make your appointment and pick you up from your home address to bring you to the centre.



## Before your appointment

Staff at the center 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, dependant on individual case needs. In order to ensure patient confidentiality we must ensure only one appointment is held at the SARC at any time for your privacy, therefore please try and not attend your appointment early or late.

We understand however sometimes this is 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 center you will meet our crisis worker and one of our nurses. Your crisis worker will stay with you during your time at the center to help and guide you. Emergency personnel and nurses will assist you and answer any questions you may have and explain what happens during your visit.

As part of the visit, we will talk with you about your health care needs and risk assessment for pregnancy and blood-borne viruses. We can provide medicines such as emergency contraception if needed.

Our team can also provide immediate sexual health counseling and information about screening for sexually transmitted infections (STIs). We do not perform STI screening at SARC but we can support and refer you to a service for it.

"You deserve to be heard and believed.  
We believe you."

## Medical examination

Depending on when the incident occurred, you may be given the option of having a forensic medical examination including examining any physical injuries and collecting forensic samples. If an exam is something you are considering, it is best to contact us as soon as possible.

Medical examinations are conducted by our highly skilled and compassionate female nurses.

There are several ways to access our service, you can attend with the police, this would mean the police would gather information relating to your case, then call us to arrange your examination. The police would wait on site in a separate area until the exam is finished.

You can also attend without police involvement, this would be classed as a self referral. If you wish to attend as a self referral please call us direct to arrange your appointment time, we will then keep the DNA evidence on site securely giving you time to decide if you wish to engage with the police whilst preserving forensic evidence.

Another option is a third party organisation can refer you to ourselves, but we would still need to speak to you directly to gain consent to go ahead with the appointment.

We understand how daunting attending for a medical examination can be, that is why our highly trained forensic nurse examiner and crisis worker will be there to support you before, after and during the exam itself. If you choose to attend for a medical, you can change your mind at any time. You will still be offered full support from our team.

After your exam, the crisis worker and nurse will discuss with you our range of specialist support services to offer emotional support once you leave the SARC.