



people who have experienced sexual assault and are independent from the Police. They can provide you with information so that you can make informed choices about what you want to happen next. They can refer you on to counselling and other services and will support you throughout the criminal justice process.

Doctor / nurse to delete as appropriate:

- a. A referral will be sent (with your agreement) to the ISVA service and they will contact you to arrange an appointment.
- b. You have chosen not to be referred to an ISVA at this time, but should you change your mind later, you can contact the ISVA service on



to discuss support available or arrange an appointment.

There may also be help available from victim support and you should discuss this with the SOLO assigned to you (see above

for details). They will put you in touch with your local victim support scheme. Victim support has considerable experience in giving advice and support with cases being investigated by the police.

All the services mentioned above are free of charge.

Useful numbers

Devon and Cornwall Sexual Assault Referral Centre:

w: www.sarchelp.co.uk
t: 0300 303 4626

Further Advice and Support

The Survivors Trust:

w: www.thesurvivorstrust.org
t: 0808 801 0818

Mankind:

w: www.mankindcounselling.org.uk
t: 01273 911 680

Male Survivor Partnership:

w: www.malesurvivor.co.uk
t: 0808 800 5005

Men's Advice Line:

w: www.mensadvice.org.uk
t: 0808 801 0327

Firstlight Independent Sexual Violence Advisor Service:

t: 03458 12 12 12

Samaritans:

t: 116 123 (24 Hr)

National Domestic Violence Helpline:

t: 0808 2000 247 (24 Hr)

Devon & Cornwall SARC Sexual Assault Referral Centres

Male Patient Information

This leaflet tells you about some of the services that have been provided today and about the services which are now available to you. Some of the information in this leaflet may not be relevant to you – the doctor or nurse who has examined you will show you which sections you should read and which sections you can ignore.

You have attended

Sexual Assault Referral Centre (SARC)

Name of doctor or nurse who has examined you:

.....
Name of Sexual Offence Liaison Officer (SOLO):

.....
Date of examination:

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email: ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Adapted from Fact sheet: What happens next? Published by the Faculty of Forensic and Legal Medicine.

2019 © Northern Devon Healthcare NHS Trust

www.sarchelp.co.uk

Telephone number 0300 303 4626

Information about you

During your medical assessment, the professionals present will record information that you have shared with them. This may include your contact details, as well as information about why you have attended the SARC. In order to provide the best care and support for you we may need to share your information with other organisations. These may include the Independent Sexual Violence Advisor (ISVA) services provided by Firstlight, Sexual Health Services, your GP, therapeutic counselling services, child and adult safeguarding teams and the police (if you have reported to them).

You can find out more about what information we collect and how it is processed, transferred and stored, in a leaflet titled 'Devon and Cornwall SARCs Fair Processing Notice'. This leaflet is also available on our website at www.sarchelp.co.uk

Other formats

If you need this information in another format such as audio tape or computer disc, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

This information leaflet has been provided to you Yes No

Medical aftercare

Sexual Health

The chance of a sexually transmitted infection being passed to you during a sexual assault is low and the doctor or nurse will talk to you about the risk and any medication you might require. Some infections might not cause any obvious symptoms and you are advised to attend a sexual health clinic for a check-up just to be on the safe side. We can refer you to your local sexual health clinic and they will contact you to arrange an appropriate appointment time.

The sexual health clinic will usually arrange to see you approximately two weeks after the sexual assault. If you develop symptoms such as discharge, pain, itching or a fever you should contact the clinic for advice.

Staff at sexual health clinics are sympathetic and specially trained to provide advice and support. You will meet a doctor or nurse who will ask you questions about your health and your sexual history. They will offer you an examination and may collect samples such as swabs, blood and urine for testing. Some of the results will be available the same day and some will take about two weeks. The doctor or nurse will discuss what treatment is required and if you need to attend for any additional appointments or tests.

Until you have received all the results and completed any treatment required, we recommend that you abstain from sex, or practice 'safer sex' by using condoms.

Your local sexual health clinic is:

Devon Tel: 0300 303 3989

Plymouth Tel: 01752 431124

Barnstaple Tel: 01271 341 562

Cornwall Tel: 01872 255044
(for all locations in Cornwall)

Doctor / nurse to delete as appropriate:

- A referral has been sent (with your agreement) to the clinic and they will contact you to arrange an appointment
- An appointment has been made for you on at
- Please telephone the clinic on the number above to make an appointment.

Advice and Support

A man's response to sexual assault can be very variable. Post-traumatic stress disorder (PTSD), anxiety, depression, anger, shame, isolation and finding intimacy difficult are all very common. Some men may feel better if they talk about what has happened to them and you may find additional or alternative support from a trained counsellor is helpful.

An independent sexual violence advisor (ISVA) is also available to you. They are specially trained support workers for