

Your specialist nurse will give you a call about two weeks after your medical assessment to check that everything is OK and to see if there is anything else we can help with. If you prefer to be contacted in another way, please let us know.

After the medical assessment, the clinicians will write a report summarising what has happened during your assessment. They will normally share this report with other professionals involved in your care so that these people can help keep you safe and provide any support you might want in the future. This information is considered confidential and will never be shared with anyone who is not a part of the support team. We are not able to provide you with a copy of this report at this time if your case is part of an ongoing police investigation, however we will discuss all relevant medical findings with you at your appointment.

More information about the paediatric service can be found at: www.sarchelp.co.uk

How to find us

The Exeter SARC is based at:
Hawkins House
Pynes Hill
Exeter
EX2 5SS



Devon & Cornwall SARC
Sexual Assault Referral Centres

Paediatric Service

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.

**Information for children,
young people and their families**

www.sarchelp.co.uk

Telephone number 0300 303 4626

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Who is the service for?

This service is for all children and young people from across Devon, Cornwall and the Isles of Scilly who have, or may have been, sexually assaulted or abused.

What is a forensic medical assessment?

The forensic medical assessment is to check that everything is alright. It is carried out by an NHS doctor who has special skills in this area.

If you have told someone about something that has happened to you, the assessment may also be able to provide evidence to support what you've said. You should never be made to feel that you are responsible for what happened.

This assessment is not about proving what you said is true, it's about making sure that you are physically ok, and if anything needs to be done to help you through this.

The assessment may include:

- the doctor answering any questions you have and talking about things you may be worried about;
- the doctor asking you questions about your health and your family;
- listening to your heart and lungs, feeling your abdomen (tummy), checking your ears, nose and throat;
- checking for any injuries or infections that you may have;
- if you are female, you may require emergency contraception, such as the 'morning after pill' to prevent the risk of pregnancy. This will be provided free of charge if needed.

The important thing to remember about this assessment is that it's your body and you are in charge. If you don't want a particular part of the assessment, just say and the doctors will miss this bit out for you.

Who does the assessment?

The examination will always be done by a doctor from the NHS. Our doctors have lots of special skills and experience of working with young people.

They are calm, kind and patient. Sometimes you may be seen by two doctors.

There will also be a specialist nurse who will look after you while you are with us.

Where will the assessment take place?

Most forensic medical assessments take place at the Exeter SARC (Sexual Assault Referral Centre). The Exeter SARC provides a private and quiet place for your assessment.

When will the assessment take place?

We will usually make an appointment with you to attend your medical assessment at a time that is convenient for you. Our routine clinics run on weekdays and we also operate a 24 hour 7 days a week service.

What happens after an assessment?

During your medical assessment we will make a plan with you about what will happen next. We may suggest other services that we think might be able to help you and will offer to contact them for you.