

Raising awareness of Devon & Cornwall sexual assault referral centres

Resource pack

sarchelp.co.uk



Introduction

This pack has been designed to assist in raising awareness of the work of sexual assault referral centres (SARCs) and to highlight the local support available.

In this resource pack you will find key messages regarding sexual assault referral centres and support available, as well as leaflets, posters and social media assets to help promote Devon and Cornwall SARC within your organisation.

This pack has been designed to help your organisation:

- ▶ Increase awareness of SARCs
- ▶ Increase the knowledge of SARC services
- ▶ Increase access to SARC services

Sexual assault referral centres (SARCs)

SARCs provide a safe space and dedicated care for anyone who has been sexually assaulted or abused, regardless of sex, gender identity, age, the type of incident and when it happened.

SARCs offer specialist practical, medical and emotional support 24/7 including crisis care, medical and forensic medical examinations, emergency contraception and testing for sexually transmitted infections (STIs). They can also arrange access to an independent sexual violence advisor and voluntary sector sexual violence support services.

There are 48 SARCs across England, supporting approximately 30,000 survivors a year.

Devon & Cornwall SARC

Devon & Cornwall has SARCs in Exeter, Truro and Plymouth offering support throughout the region.

Help is available without having to talk to the police or report what has happened. All Devon & Cornwall SARC services are FREE and confidential.

Access to all SARCs is by appointment only. The service has a dedicated 24-hour information line – 0300 303 4626

Further help and advice is available here: sarchelp.co.uk

Key messages

- ▶ If you, or someone you know has been raped or sexually assaulted, there is free support available through Devon & Cornwall sexual assault referral centres (SARCs)
- ▶ SARCs have specially trained doctors, nurses and support workers to care for you. They will never tell you what to do, but will help you to think about your options
- ▶ They will listen and believe you and care for you in a place that is safe
- ▶ You can get help from a SARC without having to talk to the police or report what has happened to you – your consent is everything, at every stage
- ▶ There is an opportunity to gather forensic evidence, including DNA, for up to seven days after being raped or sexually assaulted
- ▶ It is recommended that you do not take a swab yourself as this could impact the ability of the SARC to capture a DNA sample and provide the required evidence to police
- ▶ SARC teams will advise and support you with any health needs and concerns and ensure you receive appropriate care for any physical injuries
- ▶ SARCs will never share your personal information without consent, unless they believe you or someone else is at risk of significant harm
- ▶ SARCs can provide some emergency medications, as well as help with access to sexual health check-ups for testing and treatment of sexually transmitted infections

Resources

Resources are available to download and print internally or if printed material is required, please [contact us](#).

Poster (A4)



Devon & Cornwall SARC
Sexual Assault Referral Centres

NHS

Have you experienced sexual assault or rape?

Sexual Assault Referral Centres (SARCs) offer practical, medical and emotional support to everyone, regardless of age or gender.

Our SARCs are based across Devon and Cornwall offering support throughout the region.

Need help?
Call our 24-hour information line on
0300 303 4626

Or see the Devon and Cornwall SARC website for more information
sarchelp.co.uk

GR-CP-DSH01

Small information card



Devon & Cornwall SARC
Sexual Assault Referral Centres

NHS

Have you experienced sexual assault or rape?

Sexual Assault Referral Centres (SARCs) offer practical, medical and emotional support to everyone, regardless of age or gender.




Need help?
Call our 24-hour information line on
0300 303 4626

Or see the Devon and Cornwall SARC website for more information
sarchelp.co.uk

Our SARCs are based across Devon and Cornwall offering support throughout the region.

GR-CP-DSH01

A5 flyer (landscape)

 Download the resources



Pens and keyrings for student events

[Contact us](#) to order pens and keyrings



Social media

Example posts



Messaging

Sexual assault can happen to anyone at any time. Devon and Cornwall SARC provide a safe space and dedicated care. Call our 24/7 information line 0300 303 4626 or see sarchelp.co.uk

#SARCs

Devon & Cornwall sexual assault referral centres offer free specialist care and support to anyone who has been raped or sexually assaulted. You can turn to us for help. Call 0300 303 4625 or see sarchelp.co.uk

#Devon&CornwallSARC

Unsure where to turn after being raped or sexually abused? Devon & Cornwall sexual assault referral centres have specialist teams offering free medical, emotional and practical support. They have a 24/7 information line: 0300 303 4625, or see sarchelp.co.uk

[#SARCHelp](#)

Sexual assault referral centres offer free medical, emotional and practical support to anyone who has been raped or sexually assaulted. To find your nearest centre, visit NHS.uk/SARCs or call 0300 303 3989

[#Devon&CornwallSARC](#)

If you've been raped or sexually assaulted, Devon & Cornwall SARC are here for you. We offer specialist medical, emotional and physical support. Search sarchelp.co.uk or call our 24/7 information line 0300 303 3989

[#SARCs](#)

Other signposting

To find your nearest SARC

NHS.uk/SARCs

National Rape Crisis

rapecrisis.org.uk

Te: 0808 802 9999

Devon Rape Crisis & Sexual Abuse Services

devonrapecrisis.org.uk

Tel: 0808 500 2222

First Light

firstlight.org.uk

Tel: 0300 77747777

'Turn to Us, We Are Here'

National SARC awareness campaign

campaignresources.dhsc.gov.uk/campaigns/

turn-to-us-we-are-here-sexual-assault-referral-centres/

You may need to register to access resources.