

Useful contacts

Independent Sexual Violence Advisors (ISVA): SPLITZ
01793 317 482

Samaritans 24hr Helpline
116 123 or email jo@samaritans.org

Victim Support
0808 1689 111

NHS Sexual Health
0300 123 7123 Under 18s 0300 123 2930

Wiltshire Sexual Health: WISE
01722 425 120

Men's Advice Line
0800 801 0327

Survivors UK: Male rape and sexual abuse
020 3598 3898

Mankind
01823 334 244

Wiltshire Emergency Adult and Child Social Care
0300 456 0100

Substance Misuse Support
IMPACT 0345 603 6993

Childline
0800 11 11

Child and Adolescent Mental Health Services
Swindon: 01865 903 422 **Wiltshire:** 01865 904 666

NSPCC
0808 800 5000

Domestic Abuse Support: SPLITZ
01225 775 276

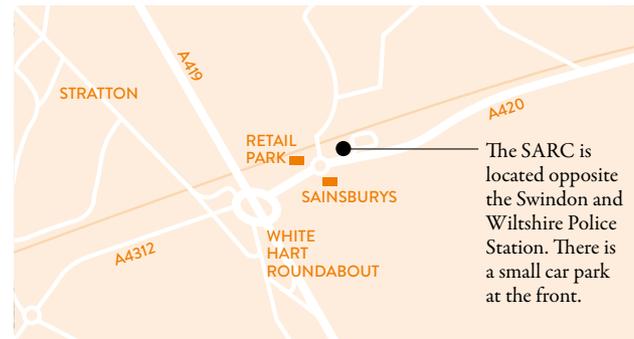
Sex Worker Outreach Project: Nelson Trust
01793 495 812

Contact us

Phone: **01793 781 916**

Email: swindonandwiltshiresarc@firstlight.org.uk

First Light – Swindon and Wiltshire SARC
The Gables, Shrivenham Road,
South Marston, Swindon SN3 4RB



Confidentiality

The information you give us will remain confidential. Exceptions to this may occur if you, a child or someone else is at risk of significant harm.

Equality, diversity and human rights.

Every person has the right to be treated fairly and with dignity regardless of gender, disability, ethnicity, religion, sexual orientation or age.

First Light

First Light is a South West charity that supports people affected by domestic abuse and sexual violence in Cornwall, Devon and Wiltshire. First Light is the service provider for the Swindon & Wiltshire Sexual Assault Referral Centre (SARC).

If you would like to support First Light by making a donation, volunteering or fundraising, please go to firstlight.org.uk/get-involved/ or email hello@firstlight.org.uk

@FirstLightSW FirstLightSW firstlight.org.uk

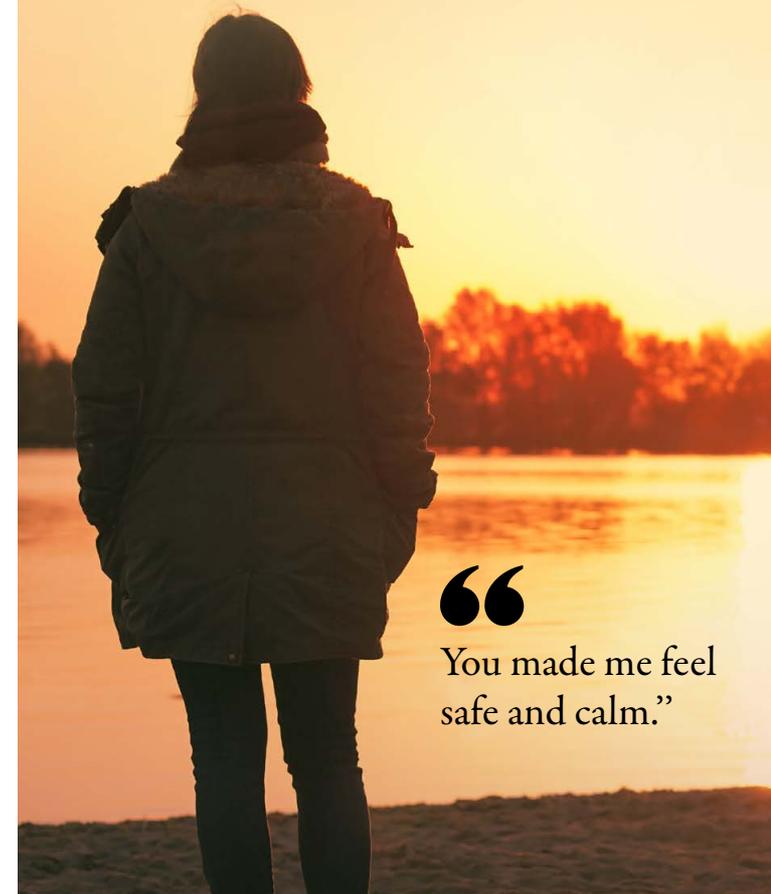
First Light is the trading name of First Light South West Ltd.
Company number: 3440794 Charity registration number: 1090457
Registered address: The Business Centre, 2 Cattedown Road, Plymouth PL4 0EG



**FIRST
LIGHT**

Swindon and Wiltshire
Sexual Assault Referral
Centre (SARC)
01793 781 916

Help and support
for people who
have been raped
or sexually assaulted



“
You made me feel
safe and calm.”

What is a SARC?

A Sexual Assault Referral Centre (SARC) is an independent service to assist all victims of rape and sexual assault.

The SARC is a local partnership between police, health services and voluntary organisations set up to focus on your immediate support needs.

The SARC recognises all forms of sexual violence:

- Rape
- Sexual Assault
- Rape within a relationship
- Female Genital Mutilation
- Trafficking
- Sexual Exploitation
- Ritual Abuse

If you have been sexually assaulted or raped within seven days and have reported the incident to the police, they can refer you to the Swindon and Wiltshire Sexual Assault Referral Centre (SARC) for a forensic medical examination as well as carrying out a health and wellbeing check. This service is available 24 hours a day, seven days a week.

If you do not wish to report the incident to the police, we can offer you the same service within the hours of Monday to Friday 9am–5pm and Saturday 10am–4pm without police involvement.

Our services are confidential, free and available to everyone. We can help regardless of whether you have told the police or anyone else about the assault.

SARC staff

All SARC staff are specially trained and experienced workers. We can give you information, practical help and emotional support. All Crisis Workers that are employed by First Light are female.



Swindon and Wiltshire Sexual Assault Referral Centre



The staff made me feel at ease and made sure I was okay. Thank you for making a bad situation bearable.”

What happens at the SARC?

When you arrive at the SARC you will be met by a Crisis Worker. Staff recognise how difficult it is to speak out following an assault.

You can expect to be treated with dignity, respect, compassion and to be believed. You will be in control of your decision making; it is on your terms in your time. SARC provides:

<p>Crisis support</p>	<p>Risk and needs assessment</p>	<p>Forensic medical examination</p>
<p>Health and wellbeing check</p>	<p>Emergency contraception pill</p>	<p>Pregnancy testing</p>
<p>Sexual health advice <small>/maybe starting treatment programmes</small></p>	<p>Shower and toiletries</p>	<p>New clothes <small>(if yours have been taken for evidence)</small></p>

We can also make direct referrals onto the appropriate support services, including sexual health clinics, GPs, Independent Sexual Violence Advisor (ISVA) service and other relevant agencies depending on need.

We can provide you with information to give you the space and time for you to decide what happens next.

Self-referrals (Phone 01793 781 916)

If you contact the SARC directly, we will need to take a Brief Account statement from you in case you decide to report the incident to the police in the future. The decision to report is made by you – First Light will not hand over any information or evidence to the police without your consent. We can hold your notes and evidence for two years, after which time they will be destroyed unless you choose to store them for longer.

Taylor's story

Taylor* was raped by a friend after a night out. The next day she reported the crime to the police who brought her to the SARC.

A Crisis Worker was with Taylor throughout the forensic examination and whilst evidence was provided.



The Crisis Worker really supported me and I felt believed.”

The Crisis Worker made referrals to Sexual Health and an Independent Sexual Violence Advisor, making sure Taylor had further support and somewhere safe to go.

*Name changed to protect client's identity. Photograph is of a model.

How to report sexual violence

There is no time limit for police to investigate sexual violence and abuse offences. If you want to report an incident that happened in the past, you can do this by contacting the police at any time.

Only you can decide to report the matter to the police. If you are undecided, we can talk you through your options. The police have specially trained officers called SOITs (Sexual Offence Investigation Team) who are very experienced and work in partnership with SARC staff. Reporting the incident early assists the police and can provide the opportunity for them to obtain physical evidence which could assist the investigation.

Contact the police in an emergency



Contact the police in a non-emergency

