

After care

When the exam is over, the nurse and emergency workers will talk to you about how you are feeling and other agencies may be referred for further support and care.

Before you leave SARC we want to know that you are going back to a safe place and understand that you may have questions after you leave. You can call us anytime if you feel there is something you need to ask us about. With your permission, we will call you six weeks after your appointment to see how you are doing and find out if you need any additional support.

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



Helpful Organisation

Local support services

- Changing Lives 0191 273 8891
- Rape Crisis Tyneside and Northumberland: 0808 500 2222, available 24/7.

Sexual health support

- New Croft Centre, Sexual Health Clinic, Newcastle, 0191 229 2999
- Gateshead Sexual Health Clinic, Trinity Square, 0191 283 1577
- One to One Centre, Blyth, 01670 515 151
- One to One Centre, Shiremoor, 0191 297 0441
- South Tyneside and Sunderland Sexual Health Services, 0191 569 9966

Mental health support

- REACH Sexual Violence Counselling, 0191 514 7007
- Talking Helps, Newcastle, 0191 282 6600
- Gateshead Talking Therapies, 0191 283 2541
- Northumberland Talking Matters, 0300 3030 700
- North Tyneside Talking Therapies, 0191 295 2775
- Someone Cares (Sunderland), 0191 257 8094
- Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA, Sunderland), 0191 514 7007

Support for domestic abuse

- NIDAS (Newcastle Integrated Domestic Abuse Service) 0191 214 6501
- Victims First Northumbria 0800 011 3116
- SHE UK 01623 622 916
- National Rape Crisis Helpline 0808 500 2222
- The Samaritans (24hr mental health helpline) 116 123
- Mankind Initiative (male domestic abuse) 01823 334244
- Man's Hours (1:1 counselling for domestic or sexual abuse)
Call: Simon on 07549698050 or Rhona on 07549698049.
- Boy's Hour (Counselling for boys and young males aged 4-17 living in Tyne & Wear or Northumberland) 07542625519



The Angel Centre SARC



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

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



01922 929295

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. Call for an appointment to tour the center.



At the center, we provide aftercare referral opportunities for support and guidance, a medical evaluation/treatment, a forensic examination, and support services. You will be offered these services based on your individual needs and you can choose to use the service as often as you like.

You will need an appointment before coming to The Angel Centre SARC. If you wish to attend as a self-referral (not police involvement) please call us to speak to one of our specially trained nurses who can arrange an appointment for you.

If you want police involvement, they will schedule an appointment for you and pick you up from the center.



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.

Your appointment can last between 2 and 4 hours. It depends on the care and support you need so we suggest wearing or bringing some comfortable clothes to change into. Please try not to arrive early for your appointment so we can make sure we are ready for you when you arrive at the centre. If you think you are going to arrive early or late, please contact us

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.

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.

We offer forensic sample collection even if you no longer wish to involve the police. This gives you the option of obtaining forensic evidence if you choose to report the incident at a later date. In this case, all samples will be stored in our SARC for 2 years.

During the exam, the nurse and emergency personnel will check in with you regularly to make sure you're okay and want to continue. You are in control and can pause or pause the exam at any time. After the exam, you have the option of showering at the center and we provide a care bag containing items such as shampoo and toothbrush. We also provide clothing if your proof is taken as proof.

We a
24/7/365 service

