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## Medical Examination

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If something has happened within the last 7 days we will give you the option to have an examination, which can help to preserve any evidence. We can offer this even if you don't want to involve the police at the moment but feel that you might want to in the future.

The examination will be carried out by specially trained female medical examiners and you will be supported by one of our crisis workers throughout. Each stage will be explained to you beforehand so you are clear what they are for and we will ensure that you agree to everything before it is carried out. You can stop or pause at any point.

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## Medical Care

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We can discuss your emergency contraception needs. The sooner the emergency contraceptive pill is taken, the more successful it is, this is available to you if required.

Our team are also able to provide immediate sexual healthcare advice and can give you information about screening for sexually transmitted infections (STIs).

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## Follow Up

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We want to know how you are getting on after your visit to The Elms and we understand that you might have questions after you have left. You can call us at any time if there is something you think of that you need to ask us, we will also call you six weeks after your visit to see how things have been for you and to find out if there is anything else we can do to help.

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## Contact Us

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**24/7 Telephone number: 0800 193 5434**

**E-mail: [theelms.sarc@nhs.net](mailto:theelms.sarc@nhs.net)**

**Website: [www.theelmssarc.org](http://www.theelmssarc.org)**

We are available 24/7 to speak to. Appointments can be made to suit you, upon request. There is an out-of-hours service for police emergencies.

**The Elms  
Hinchingsbrooke Hospital  
Hinchingsbrooke Park  
Huntingdon  
Cambridgeshire  
PE29 6NT**

*If you need further directions or help to get to The Elms please telephone or e-mail.*

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## Safety

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If you have concerns about your personal safety then please contact Cambridgeshire Police for advice on 101. In an emergency always dial 999.

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## Useful contact details

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• <b>Cambridge Rape Crisis Centre</b>	<b>01223 245 888</b>
• <b>Choices Counselling</b>	<b>01223 358 149</b>
• <b>Embrace</b> ( <i>Counselling for under 18's</i> )	<b>08456 099 960</b>
• <b>ICASH</b> ( <i>Sexual Health</i> )	<b>0300 300 3030</b>
• <b>Mankind UK</b>	<b>01273 911 680</b>
<i>(Supporting male survivors and their families)</i>	
• <b>National Rape Crisis:</b>	<b>0808 802 9999</b>
• <b>Peterborough Rape Crisis</b>	<b>01733 317 899</b>
• <b>Peterborough Women's Aid</b>	<b>08454 103 123</b>
• <b>Survivors Network</b>	<b>01273 203 380</b>
<i>(Supporting female survivors of sexual violence and abuse).</i>	
• <b>The Samaritans:</b>	<b>116 123</b>



# Services Guide

**We Listen. We Hear.  
We Can Help**

**Tel. 0800 193 5434**  
**[www.theelmssarc.org](http://www.theelmssarc.org)**

## What is The Elms?

The Elms Sexual Assault Referral Centre (SARC) offers free support and practical help to anyone in Cambridgeshire who has experienced sexual abuse and sexual violence. Our service is completely confidential and you do not have to give any personal information in order to get help. If you would like to speak to someone we are available 24/7 on 0800 193 5434 or you can contact us via our website.

**[www.theelmssarc.org](http://www.theelmssarc.org)**

## What Next?

### First Steps...

We are here to make sure that you are heard and receive the help you need in taking your next steps. You can contact us at any time of day or night, we are always here to listen and can arrange for you to visit us.

Whether you would like to:

- Talk to someone about your experience and get emotional support
- Get advice about what services are available to you
- Be referred to sexual health services
- Report someone anonymously to the police

## Supporting someone else

If you would like to talk to us about something that has happened to a friend or relative we can talk you through our services and offer emotional and practical support.

## Safeguarding

If you or someone else is at serious risk of harm, we have an obligation to inform other agencies. This will be discussed at the time so you will also know where your information is being shared.

## Some things to consider

If something has happened to you within the last 7 days, then we would invite you to attend as soon as you can as we can help you decide if you would like evidence collected and ensure you have your healthcare needs met. This does not need to involve the police although we can contact them on your behalf if you would like their help.

If it has been over 7 days there are still many ways in which we are able to help you so please get in touch.

## What Happens?

It's up to you. We offer a range of options, some or all of them may be available to you depending on what has happened. You can stop or change your mind at any time.

### Here is what would normally happen...

## Make Contact

We cannot offer a drop-in service at The Elms so please contact us first to make an appointment. You can phone or send us an email to get in touch with you. If you don't want to you do not have to tell us your name, we can still offer you the same help. If you have asked for the police to be involved they will contact us on your behalf.

Depending on what your needs are we will either arrange a time which you can come to The Elms and meet with us or help you to make contact with other services that may be beneficial. We may ask you to come and see us quickly in some cases to make sure you receive important healthcare as a priority.

## Arriving at The Elms

We will be there to meet you when you arrive for your appointment at The Elms, from your initial conversation with us you will know how to get there and who you are meeting with.

You are welcome to bring somebody with you to support you if that makes you feel more comfortable.

If you have asked for the police to be involved they will usually bring you to The Elms after contacting us first.

## We talk you through the process and ask a couple of questions

We will go over a few questions and talk through the available options again to make sure that you understand and are comfortable with everything. You can choose to use as much or as little of the service as you want to.

It's ok if you change your mind at any point, we are here to support your choices. You can ask as many questions as you like at any time.

Everything you tell us is treated in confidence and you don't need to tell us anything you feel unable to talk about. We understand that this can be a very difficult process and we will do whatever we can to help you through it during and after your visit to The Elms.

Sometimes we have to inform other agencies if children or others may be at risk. We will always seek your permission to share information.