

## What to do if you are sexually assaulted or raped

### Steps to take:

1. Call 999 and get to a safe place.
2. Save all of the clothing you were wearing at the time of the assault, unwashed and if possible place into paper bags.
3. You can help preserve evidence by trying to avoid the following:-
  - Washing or brushing your teeth
  - Drinking, eating or taking non-essential medication
  - Smoking
  - Going to the toilet or discarding tampons or sanitary towels.
4. If you are absolutely certain you do not want the police involved and are not in danger contact:

**The Glade at Telford**  
**0808 178 2058**

Phone lines are open 24 hours a day, 7 days a week and are answered by specially trained Crisis Workers who are able to provide information and arrange an appointment for you to attend the centre.

**In an emergency**  
**always dial 999**



If you or someone you know have experienced rape or sexual assault please call 0808 178 2058 to speak to a Crisis Worker



The Glade  
30 West Road  
Wellington  
Telford, TF1 2BB

**Phone:** 0808 178 2058  
**www.theglade.org.uk**

J034410/15/8

the glade

the glade

## Sexual Assault Referral Centre



0808 178 2058

[www.theglade.org.uk](http://www.theglade.org.uk)

**The Glade SARC Telford provides an initial response for victims of sexual assault living in West Mercia. Our services are available to men, women and children.**

**What is a SARC?**

A Sexual Assault Referral Centre (SARC) is a 'one stop' centre where a victim can feel safe and supported and where their immediate medical needs are met.

**Is the service confidential?**

Yes, however there may be occasions when other agencies need to be informed, e.g. if a child is at risk of harm.

**What are my options?**

**Police Involvement**

It is your choice whether or not to involve the police. We can explain how to do this or we can make the initial report for you.

**Anonymous Reporting**

You can choose to pass information about the assault to the police anonymously. If you agree we will pass this information without identifying you.

**Time to Think**

We can securely store forensic evidence gained from the examination and if you decide to report at a later date we will be able to help you with this process.



**We will support and respect whatever decision you make.**

**What can the SARC offer me?**

We offer a safe, welcoming and comfortable environment which focuses on the needs of the individual, offering the following services;

- Medical examination to gather forensic evidence.
- Help to contact the police or support if you do not wish to report.
- Facility to self refer and have forensic samples stored, allowing you time to think. If you change your mind about reporting, samples can then be given to police. This may also include photographing any injuries you may have with the use of VEV.
- Crisis Worker support throughout your time at our centre and support via the self referral line.
- Immediate access to emergency contraception and assessment for HIV and Hepatitis B .
- Referral to the local Independent Sexual Violence Advisory (ISVA) service and counseling services.
- GP Notification (with your consent).
- Information about sexually transmitted infections and appointment at your local GUM (Genitourinary Medicine) clinic for follow up testing.
- Referrals and pathways to other organisations that can help you.
- Anonymous reporting to the police

**Who might I meet at The Glade?**

**Crisis Workers**

A Crisis Worker will be available to support you throughout your time at The Glade. The Crisis Worker will strive to ensure that your visit to the centre goes smoothly and will keep you informed of the procedures that will take place during your visit.

**Forensic Medical Examiner**

If you choose to have a forensic medical examination a specially trained doctor or nurse known as a Forensic Medical Examiner will come to the centre to see you. They will take samples for evidence and discuss any concerns you may have regarding sexually transmitted infections or pregnancy.

**VEV - Visual Evidence for Victims**

If you are a victim of violent crime, photographs can be useful as evidence. If you aren't ready to report to the police or are unsure, a VEV trained Crisis Worker at The Glade can record photographic evidence of physical injuries caused by the assault. This evidence is then stored securely for up to six years. VEV is a free, confidential service for victims of violent crime or criminal damage over the age of 18.

