Aftercare

When the examination is over, the nurse and crisis worker will talk to you about how you are feeling and discuss any referrals into further support and care services. We will also check that you have a safe place to go to when you leave the SARC.

After you leave, if you have any questions or need advice, you can call us anytime.

With your permission, we will contact 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 get advice and support and make an appointment.

0330 223 0099



Beech House SARC

Unit 7 and 8
North Court
South Park Business Village
Armstrong Road
Maidstone, Kent
ME15 6JZ

Helpful Organisations (National)

Rape Crisis National Support Line
0808 500 2222 www.rapecrisis.org.uk

Victim Support
08 08 16 89 111 www.victimsupport.org.uk

Samaritans
116 123
0845 790 9090 (24/7 Helpline)
www.samaritans.org

National Centre for Domestic Violence
0800 970 20 70 www.ncdv.org.uk

NSPCC Helpline
0800 800 5000 www.nspcc.org.uk

Mankind -FREEPHONE (will not show on your bills) 0808 800 1170
Mankind - HELPLINE
(for those with inclusive minutes) 01823 334 244

Text SHOUT to 85258 free, confidential, 24/7 text support service for anyone

Helpful Organisations (Local)

East Kent Rape Crisis Line	0800 458 2818
East Kent Rape Crisis Support	01227 450400
Family matters Kent	01474 453 661
Kent police non emergency	101
Kent police Emergency	999 or 911
Kent police Reporting a crime	01622 690 690
SATEDA Domestic abuse for women and children in swale	01795 417251
One in Four - Kent	01622 230735
Kent release the pressure	0800 1070160

Feedback

We love to receive feedback about our services, and any suggestions for improvements.

Knowing what we are doing right, and what we could do better, will help us to continue delivering excellent care.

You can leave us feedback in person at the SARC or via email to: bh.admin@nhs.net

NHS England

Beech House

Sexual Assault Referral Centre

Service Leaflet



Confidential healthcare and support service for anyone in Kent and Medway, following sexual assault including rape.

Call us 24/7/365 for help.

0330 223 0099

www.beechhousesarc.org

Service provided by:

MOUNTAIN HEALTHCARE

Welcome to the Beech House SARC

We offer free healthcare and compassionate support to anyone in Kent and Medway who has experienced any form of sexual assault, including rape.

Our service is available 24/7, 365 days a year

0330 223 0099

At the SARC, we provide a medical assessment, a forensic examination (for the purpose of DNA collection), support services, and aftercare referrals for further treatment, support, and guidance. You will be offered these services based on your individual needs.

People aged 14 and older can access our service. You will need an appointment before coming to Beech House SARC.

You can either report the incident to the Police and they will arrange an appointment for you.

Or, if you wish to attend without Police involvement, you can call us and speak to one of our specially trained nurses who can arrange an appointment for you.

We will support you throughout.

For children aged 13 and under, please call the Police or your local social services. You can also read our parents and carer's guide.

A SARC is a Sexual Assault Referral Centre

Accessing our SARC service

You cannot visit the SARC without an appointment. There are a couple of options available to make an appointment.

You can report to the Police, who will gather information about your case, arrange a SARC appointment for you and bring you to the SARC. When you attend with the Police, they will wait in a separate area of the SARC until the examination is finished.

You can also attend without Police involvement (as a self-referral). Please call us to speak to one of our nurses and arrange your appointment time. This option allows you to receive important healthcare and have evidence collected, without reporting to the Police.

You can also be referred to us by another service (such as your GP or sexual health), but we will still need to speak to you to get your consent to make an appointment.

Before your appointment

Staff at the SARC 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.

We recommend wearing comfortable clothes to your appointment as you will likely be at the SARC for a few hours (dependent on individual needs).

In order to ensure patient confidentially and privacy, please do not visit the centre earlier or later than your time of appointment.

We understand that this is sometimes unavoidable. If you are going to arrive early/late please call and let us know as soon as you can.

Before an Appointment

Patient may have been asked by our staff, or professional, to not wash their body or drink hot liquids before an appointment. This is to help preserve forensic evidence. The comfort of our patients is most important so if this has happened don't worry, they can still attend an appointment.

An appointment may last for 2 to 5 hours depending on the care and support needed, so patients may want to wear or bring some comfy clothes to change in to.

Following the assessment/examination, patients will be offered the opportunity to take a shower and change their clothes.

If you are bringing a patient to the SARC for an appointment, please try to arrive on time. If you think you are going to be early or late please contact us to let the staff know.

Forensic Medical Examination

Medical examinations are conducted by our highly skilled and compassionate sexual offence examiners.

Depending on when the incident happened, patients may be offered the option to have a forensic medical examination that includes checking for any physical injuries and collecting forensic samples. If an examination is something they are considering, it is best to contact us as soon as possible.

We offer to collect forensic samples even if the patient does not want to involve the Police at the time.

This gives patients the option to have forensic evidence if they choose to report the incident at a later date. In this instance, all samples will be stored at our SARC for 2 years.

During the examination, the nurse and crisis worker will regularly check in with the patient to make sure they are ok and want to continue. Patients are in control and can have a break or stop the examination at any point.

After the examination, patients have the option of having a shower at the SARC and we provide a care bag which has items such as shampoo and a toothbrush. We also provide clothing to change into if a patient's clothing has been taken as evidence.