



SAFE

Sexual Assault Forensic Examination Centre

Information for patients and carers

Easy Read

What Happens Now? SAFE Centre



The SAFE Centre (front & back of the building)



We are the Lancashire Sexual Assault and Forensic Examination
Centre

We are also known as the SAFE Centre

We are based at the Royal Preston Hospital

We provide safe, kind and effective care and support.

Onward Referrals (Support and Counselling)



We can complete onward referrals for emotional support and counselling.

Some people feel better if they talk about what has happened.

Some people need emotional support and practical advice.



You can also get additional support from a Trained Counsellor

An Independent Sexual Advisor (ISVA)

Or a Child Advocate from onward referrals.



We give you a safe and confident space throughout your appointment.

You are safe

We also offer a follow up Welfare telephone call 7-10 working days after your appointment.



You can also contact Lancashire Victim Services; they are available 24 hours a day and 7 days a week.

Telephone number: **0300 323 0085**

It is free to call them.



You can contact The Safe Centre who can tell you what counselling services are in your area

Telephone: **01772 523344.**



If we are busy and do not answer the telephone, please leave your details and we will call you back.

Emergency Contraception

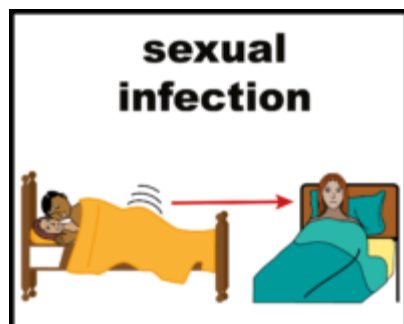


If you have been given prescribed emergency contraception, the medication may make you feel sick.

If you vomit within 3 hours of taking it, you must contact your GP/or out of hours service a pharmacy/family planning clinic for advice.

You may need to repeat the medication or have further treatment.

Sexually Transmitted Infections



After a rape or a sexual assault there is a risk of contracting a sexual transmitted infection (STI)

If appropriate you will be referred to your local Genitourinary Medicine (GUM) Clinic or a Children's Screening Clinic

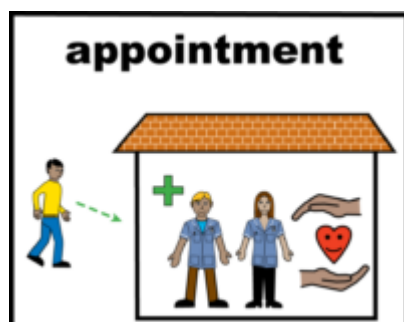


If you would like to make your own arrangements Lancashire Sexual Health Clinics can be contacted by telephone on **0300 1234 154**.

For children under 13 years old The SAFE Centre will book them a GUM appointment here at the SAFE Centre.



If you are considered to be at an increased risk of a blood borne infection e.g. HIV or Hepatitis B then you may be given some initial treatment. Further treatment will be provided by your local GUM Clinic.



It is important that you attend any appointment made for you

Consent



You have given consent today for your medical examination and notes taken by the doctor to be shared with other professionals working on your case.

If you wish to withdraw this consent at any time, please contact the SAFE Centre.

Contact details



Should you require further advice or information, please contact the

Lancashire SAFE centre at Royal Preston Hospital on **01772 523344**.



or you can Email the SAFE centre: safe@lthtr.nhs.uk

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.nspcc.org.uk/

www.samaritans.org/

<https://rapecrisis.org.uk/>

Police/Medical Emergency: 999

Samaritans: Text 116123

NSPCC:0808 800 5000 **Childline:**0800 1111

Refuge: 0808 2000 247

Rape crisis: 0808 802 9999

NHS Wellbeing & Mental Health helpline: 0800 915 4640/text
'HELLO' to 07860 022 846



Useful Words/definitions

Counselling - a special chat with a helper called a counsellor, they listen to what you have to say, they do not judge, everything you say is private. These are provided from other services following onward referrals.

Independent Sexual Advisor – is a helper for anyone who has been hurt by sexual abuse or rape. They do not work for the police or the courts, so they are completely on your side.

Child Advocate - a supportive person who helps children and young people speak up for themselves.

Contraception - is any method, medicine, or device used to prevent pregnancy. It is also called birth control or family planning.

Sexual Transmitted Infection - (called an **STI** for short) is an illness or bug you can get from having sex with someone who already has an infection.

Genitourinary Medicine - (called **GUM** for short) is a free and private NHS clinic that checks and treats health problems with your private parts and urine system.

Blood Borne Infection - (or blood-borne virus) is an illness caused by a virus or germ that lives in a person's blood. It spreads when blood from an infected person gets inside another person's body.

Consent - means agreeing to do something or giving permission for something to happen.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in larger print, audio, Braille and in other languages.

We would like to thank Leeds and York Partnership Trust for the use of some images from their learning disability service.

<https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/>



If you would like to leave feedback on our service, you can do so by scanning the QR code with your camera which will take you to our feedback form.

Department: Lancashire SAFE Centre

Division: Women and Children

Production date: August 2026

Review date: August 2029

JR 1510 v1