



**SAFE**

Sexual Assault Forensic Examination Centre



**Lancashire Teaching  
Hospitals**

**NHS Foundation Trust**

**Information for  
patients and  
carers**

## **Lancashire SAFE Centre**

**What happens now?**

Royal Preston Hospital, Sharoe Green Lane, Fulwood, Preston,  
PR2 9HT, Tel: 01772 523344

**Excellent  
care with  
compassion**

**Lancashire SAFE Centre – Royal Preston Hospital**

  @LancsHospitals

This leaflet is about the services and support which are available to you following a Forensic Medical Examination.

## People involved in your case

Police Station: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Incident reference number (log): \_\_\_\_\_

Your SAFE Centre case number: \_\_\_\_\_

## Supporting and counselling

An individual's response to sexual assault is very variable. Some people feel better if they talk about what has happened, and some need emotional support and practical advice.

Although families and friends may be able to listen and support you, you can get additional or alternative help from a trained counsellor, Independent Sexual Violence Advisor or Child advocate.

If you contact the SAFE centre at the number above, they can tell you what counselling services are available in your area. With your permission, a SAFE Centre representative will contact you seven to ten days after your forensic examination. **(Please give your contact number to your crisis worker).**

Should you wish to speak to a member of the team before this, please ring the centre between 8.30am and 4.30pm, Monday to Friday.

Please note that if the telephone is engaged or the SAFE Centre is unable to answer your call a confidential voice-mail system is in place. If you leave your details, we will return your call as soon as possible.

## Emergency contraception

If you have been given or prescribed emergency contraception the medication may make you feel sick. If you vomit within 3 hours of taking it you should contact your GP/out of hour's service/pharmacy/family planning clinic for advice as you may need to repeat the medication or have further treatment.

## Sexually transmitted infections

Following a rape or sexual assault there is potentially a risk of contracting a sexually transmitted infection (STI). Some of these infections may not cause you any symptoms, discomfort or discharge.

You will be offered a referral to your local Genitourinary Medicine (GUM) Clinic for follow up at an appropriate time. Alternatively you may wish to make your own arrangements.

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

**It is important that you attend any appointment arranged for you.**

## Other Information

You have given consent today for the details of your medical examination and notes made by the Doctor to be shared with professionals working on your case. If you wish to withdraw this consent at any time please contact the SAFE Centre and speak to the SAFE Centre Manager or Clinical Director.

## Contact information

Should you require further advice or information please contact the Lancashire SAFE Centre at Royal Preston Hospital on 01772 523344.

Email: [SAFE@lthtr.nhs.uk](mailto:SAFE@lthtr.nhs.uk) Website:  
[www.lancsteachinghospitals.nhs.uk/safe-centre/](http://www.lancsteachinghospitals.nhs.uk/safe-centre/)

## Other useful contact information

**24 hour Services:**

**Urgent medical help, out of hours:** 111

**In an emergency, Police/medical:** 999

**Samaritans:** 116123, [jo@samaritans.org](mailto:jo@samaritans.org)

**NSPCC:** 0808 800 5000 [nspcc.org.uk/](http://nspcc.org.uk/) **Childline:** 0800 1111

**Refuge:** 0808 2000 247

## **Not 24 hour service:**

**Papyrus: Hopeline UK:** 0800 0684141, Text: 07786 209697

<https://papyrus-uk.org> Email: pat@papyrus-uk.org

**Rape crisis:** 12-2.30pm, 7-9.30pm, 0808 802 9999

**NHS Wellbeing & Mental Health helpline:** Mon-Fri 7-11pm, Sat/Sun  
12-midnight: 0800 9154640

## **Sources of further information**

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

**Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

**Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

**Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿੱਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

**Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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