

Aftercare

Before you and your/the child leave the centre, we will give you some information, including a booklet titled "Summary of Your Care".

This booklet has information about the care your child has received, any medication they have been prescribed, and details of any further appointments they may have.

With your permission, we will contact you in two weeks to see how your child is doing and to find out if any additional support is needed.

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

Call now to get advice and support.

 **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

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

B.A.C.A. of United Kingdom Helpline 0300 030 2131
(bikers against child abuse from 3 years old to 18 years old)

Child line 24hrs Tel: 0800 1111

Helpful Organisations (Local)

East Kent Rape Crisis Line (*now offer counselling for children from 5 years old*) ☎ 0800 458 2818
East Kent Rape Crisis Support (*now offer counselling for children from 5 years old*) ☎ 01227 450400
Family matters Kent ☎ 01474 453 661
Dad's Unlimited Kent ☎ 01233 680 150
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
Kelsi North Kent. Dartford ☎ 03000 42 15 42
EarlyHelp@kent.gov.uk Gravesham ☎ 03000 41 39 91
EarlyHelp@kent.gov.uk Swale ☎ 03000 42 11 62
Kent release the pressure ☎ 0800 1070160

Feedback

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

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



Beech House

Sexual Assault Referral Centre

Parents and Carers Guide (under 13s)



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:

Welcome to the Beech House SARC

We offer free, confidential healthcare and compassionate support to anyone in Kent and Medway that has experienced any form of sexual assault including rape. This guide is for parents/carers of children under 13 and younger.

Concerned that your child or a child you know has been sexually abused or assaulted? If they are under 13 and younger,



Please call the Police - 101

OR

Call your local safeguarding team



The Police or the Social Care worker will speak with our doctors and get back to you with information regarding the recommended next steps.

If you are just looking for some advice or guidance from us, we are here to help.

Please call us on **0330 223 0099** 24/7/365 days a day.

Accessing our SARC service

If a physical examination is required for your child, the Police or the Social Care Worker will book an appointment at our SARC.

Our staff will advise you on how to preserve evidence before bringing your child for an appointment, such as not washing their body. We understand that this may have already happened and, if so, they can still attend the appointment.

We recommend that you bring comfortable clothes for your child to their appointment, as they will likely be at the centre for a few hours (dependent on individual case needs).

In order to ensure patient confidentiality and privacy, the SARC team only take one appointment at a time. Therefore, please do not visit the centre earlier or later than your time of your child's 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.

At your child's appointment

When you arrive at the SARC, you and your/the child will meet one of our crisis workers and a doctor.

Our crisis worker will stay with your child throughout their time at the centre, to support and guide them.

They can answer any questions you may have and explain what will happen during the appointment.



Before the examination



Before an examination starts, the doctor will ask you a few questions about your child. These questions might cover topics like their medical background (any illness, medication, etc), any relationships they may have had, or whether they drink, smoke or take recreational drugs.

There may also be some questions that the doctors may want to ask your child in private.

The doctor will go through the examination details and will explain the options available to your child, and you will be required to give consent on behalf of your child.

This is also a good opportunity for you or your child to ask us any questions.

The examination



Your child can choose which of their parents / carers they want in the room with them during an examination.

The doctor will check their body for any injuries. The doctor will also take some notes and ask if it's ok to check your child's 'private parts'. This is a normal part of the examination. They may also take forensic samples, but the team will discuss this with you so that you understand what this involves.

During the examination, if your child declines to be examined, or changes their mind, the doctor will respect this and end the examination so as not to cause any distress.

After the examination



When the examination is over, the doctor will explain to you what was seen during the examination. They will then let you know if your child needs to have any future appointments and what ongoing support is available for them and you.

Your child will also have the option to take a shower at our SARC and to change into the clothes you brought along. The SARC team can also provide clothing if you are not able to bring spares.

You and your child can then take a seat in our lounge and ask our crisis worker any questions you may have.

We have drinks and snacks available in case you and/or your child get hungry, but you can also bring your own. Please let a member of our staff know if you or your child has any food allergies.