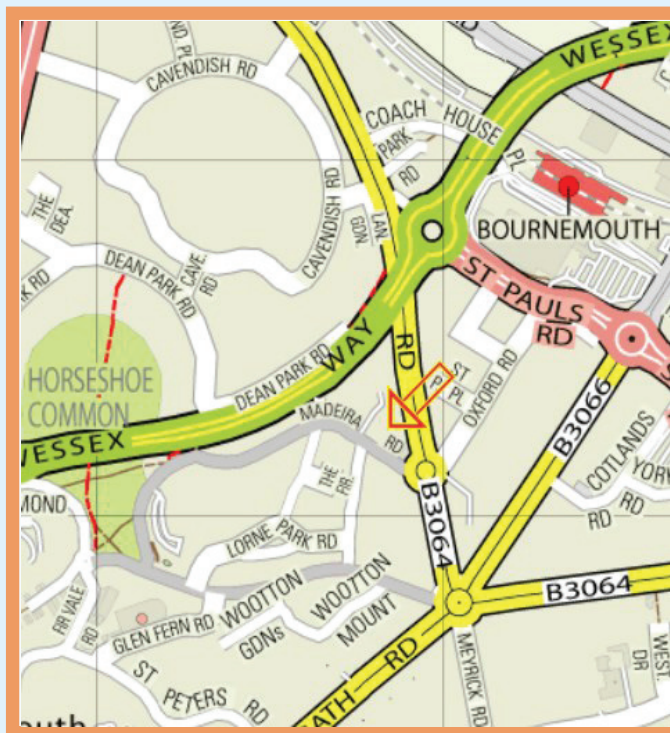


## Useful Contacts

- ❖ **Dorset Rape Crisis Support Centre**  
01202 308855
- ❖ **Sexual Health Clinic**  
01202 704644 (Bournemouth)  
01305 762682 (Weymouth)
- ❖ **Samaritans**  
116 123 (Freephone)
- ❖ **The Survivors Trust**  
01788 5505544
- ❖ **Victim Support**  
0845 30 30 900
- ❖ **NSPCC**  
0808 8005000
- ❖ **Childline**  
0800 11 11 (Freephone)
- ❖ **Poole Women's Refuge**  
01202 748488
- ❖ **Bournemouth Women's Refuge**  
01202 547755
- ❖ **You First**  
0800 032 5204 (Freephone)

## How To Find Us



When you arrive at Madeira Road, if coming off the roundabout from the B3064, The Shores will be on your right hand side.

There is a multi-storey car park on the right hand side just before the bend in the road (walking distance).

THE SHORES  
DORSET SARC  
5 Madeira Road  
Bournemouth  
Dorset, BH1 1QQ

**01202 552056**



Dorset SARC  
Sexual Assault  
Referral Centre

**Client  
Information  
Leaflet**

For more information contact  
The Shores on our 24/7 number

**01202 552056**

[www.the-shores.org.uk](http://www.the-shores.org.uk)  
[info@the-shores.org.uk](mailto:info@the-shores.org.uk)

## What we do...

The Shores is a dedicated team offering expert advice and support for men, women and children of any age, race, nationality and gender who have experienced rape or sexual assault. We can support you through a police process, however, some people choose not to involve the police which we can do if you are over 18 years old.

## Confidentiality...

We will maintain confidentiality unless there is a risk of significant harm to a child or vulnerable adult, this will be discussed with you at the SARC.

## What happens at The Shores...

We can offer you a medical examination by a specially trained Nurse or Doctor who will check you are okay and with your permission collect forensic evidence such as DNA. The earlier this can happen, the greater chance of collecting forensic evidence. You will also be offered referrals for ongoing support.

## Who will I meet at The Shores?

**Crisis Support Workers** will support you throughout your time at The Shores, explaining your options and supporting you to make decisions about your care.

**Forensic Nurse / Doctor Examiner** will undertake an examination and gather forensic evidence, only with your full consent. They will document any injuries and talk to you about any concerns you have regarding sexually transmitted infections or pregnancy.

**SARC Manager & SARC Administrator** will be at the SARC during working hours. They may contact you at a later date to give you the opportunity to ask any questions about your time at The Shores.

**Specially Trained Officer** if you choose to involve the police following an assault a specially trained officer can meet you and talk to you and support you through the process.

**ISVA** (Independent Sexual Violence Advisor) will make contact with you to provide you with support and can liaise on your behalf with other agencies within the Criminal Justice System and in the community.

**Sexual Health** Screening can be done either at The Shores or the hospital. If you choose to be seen at The Shores, an appointment will be made for 2 weeks time, alternatively the hospital will make contact to arrange an appointment.

## Frequently Asked Questions

### ❖ What is a Forensic Medical Examination?

If you have experienced a sexual assault in the last 10 days, with your consent, we can obtain forensic evidence. This may involve taking hair, blood, urine skin or intimate swabs. You will be supported by a Crisis Support Worker throughout the examination. You have the right to stop the examination at any time.

### ❖ Do the police have to be involved?

If you are over 18 years old and as long as there is no risk to yourself or others, then we do not have to inform the police. We can take forensic samples and keep them on site in case you wish to involve the police at a later stage. These will only be handed to the police with your written permission.

### ❖ What do I do after an assault?

The most important thing is to get to a place of safety, in an emergency dial 999. If you are able to, save the clothes you were wearing at the time of the assault, unwashed. Because you may need a forensic medical examination, do not wash, shower, bath, douche or brush your teeth.

