

Will I have to wait in a waiting room where people I know might see me?

There is a private entrance to Grange Park that the general public do not use. You will be met by a support worker who will escort you up to the floor where Grange Park is located. You will be shown to a private comfortable waiting room.

What happens during a medical examination?

The examination will take place in a medical room and you will be examined by a doctor or nurse (Forensic Examiner) who is specially trained. You can decide if you want anyone with you other than the Forensic Examiner to offer you support, this can be a friend or relative or the support worker.

The Forensic Examiner will explain to you what will happen during the examination before it begins, it will only go ahead with your consent. They will check you for any injuries and take swabs for forensic evidence.

The Doctor or Nurse will ensure that the examination is not painful, you may find some parts uncomfortable but you can ask for them to stop at any point if you find it too uncomfortable.

What happens after I have been to Grange Park?


You will be given information for appropriate follow on care. This may include who to contact for STI testing, and onward support and counselling should you want it.

Find us

Cobridge Community Health Centre
Building B
Church Terrace
Cobridge
Stoke-on-Trent
ST6 2JN



Contact Information

 **0800 970 0372**

 **info@grangepark.org.uk.**

 **www.grangepark.org.uk**



GRANGE PARK
*Sexual Assault Referral
Centre (SARC)*

What is rape?

Rape can only be committed by men. It is when a man puts his penis in the vagina, anus or mouth of another person (male or female) without their consent

Most rapes are carried out by someone you know and trust, Rape by a stranger is rare. You can be raped by your boyfriend or husband.

What you wear or how much alcohol you have drunk does not mean you are responsible for being raped or sexually assaulted, you are not to blame.

Males can also be raped. Rape is sex without consent regardless if you are male or female.

What is sexual assault?

Sexual assault can be committed by men or women against men or women.

Sexual assault includes:

- Objects or body parts such as, vibrators or fingers being inserted into someone's vagina or anus without consent.
- Being made to sexually stimulate themselves or insert objects into their vagina or anus when they don't want to.
- Being touched in a sexual way by someone else under or over clothes without consent.

Is what I tell you confidential?

Confidentiality will be discussed with you when you call or attend Grange Park. You will be asked if you are willing for us to share anonymous information with the police and information with other relevant services who can continue to support you such as your GP. If you do not wish for us to share any information it will be kept confidential unless there are concerns regarding child protection or on-going abuse of a vulnerable adult. In these circumstances we have a responsibility to share information with other agencies to maintain the safety of you or others.

How can I access Grange Park?

You can access Grange Park if you have been raped or assaulted recently or in the past.

There are two ways you can access Grange Park. If you report the incident to the Police they will arrange for you to attend Grange Park and attend with you. The Police will determine how soon you need to attend. The police have access to Grange Park day or night 365 days a year.

If you don't want to or are unsure if you want to report the incident to the police you can self-refer if you are over the age of 16. Before you attend you must ring the 24 hour self-referral helpline on 0800 970 0372 to make an appointment, we will assess how quickly you need to attend.

Whether you attend Grange Park with or without the police you can bring a friend or relative with you for support.

Does it cost anything for me to attend?

The service is free, you will not be asked to pay for any part of your care.

Who will I see when I get to Grange Park?

When you arrive at Grange Park you will be met by a specially trained support worker. They will show you and anyone you have brought with you to a private waiting room. They will offer you as much or as little support as you need whilst you are at Grange Park.

If it is suggested you should have a forensic examination you will meet the Forensic Examiner, they will explain what the examination involves before you decide whether you want to go ahead with the examination.

Do I have to tell the police what has happened to me?

The decision to tell the police is yours. You can attend Grange Park and discuss any concerns with the support worker before deciding if to report it to the police. You can access the services at Grange Park without police involvement including the forensic examination. Forensic samples can be stored securely at Grange Park for a period of time and can be used as evidence if you choose to report the incident to the police at a later date. With your permission we can submit information to the Police anonymously about what has happened to you

How long will I be at Grange Park?

This can vary, the average is around 3 hours; only a small part of this will be the medical examination. Again the time a medical examination takes will vary, on average it will take around 30 minutes.

Do I need to bring anything with me to Grange Park?

You can bring a friend or relative with you for support to Grange Park. If you have the clothes that you were wearing when the incident happened you should bring these with you, even if you have washed them. If you have reported the incident to the police they will collect any clothing or bedding that can be used as evidence before bringing you to Grange Park.

Can I shower before I attend Grange Park?

Ideally we would ask that you don't shower before you attend Grange park, however if you have showered, bathed or washed don't worry, forensic samples can still be taken. After you have had a forensic examination you will be offered a shower at Grange Park. We have toiletries and towels for you to use, along with clean clothes to change into should you need them.