



Millfield House Self-referral – Derbyshire SARC

Our Sexual Assault Referral Centre is for anyone aged 18 or over who has been raped or sexually assaulted within the last 7 to 10 days. While you are there you may undergo a forensic medical examination; hand over any other evidence such as clothing etc; and complete a witness statement.

You can self refer to us and report the assault anonymously or you can either report to the police who will bring you to the SARC.

Who is involved with a self-referral?

Two Crisis Workers
Doctor or specialist nurse

Where is it and what can I expect?

Our SARC is in Alfreton, Derbyshire. There you will be shown to a room and the process will be explained by a Crisis Worker. The Crisis Worker will provide support through the process and answer any questions you may have whilst at Millfield House. You can change your mind at any point.

When undergoing the forensic medical, you will be taken into a room that looks similar to GP surgery. There will be a doctor present and you can either go in on your own or your Crisis Worker can accompany you for support.

How long will it take?

It can vary as to how long you will be at the SARC, but you can expect to be there for a minimum of four hours.

Is there anything I need to do for it?

To help detect DNA for a forensic medical, it is best if you do not:

- Bathe
- Brush your teeth
- Eat or drink
- Change your clothes (or if you do, please store the worn clothes in a clean plastic bag)
- Dispose of any sanitary wear
- Tidy or clear up anything from the incident

What does it look like?

The forensic medical suites are self-contained. That means when you arrive you be shown to your suite and can stay there rather than being moved around. There is a waiting area within the suite which is adjoined to the medical room (looks a bit like what you see at your GP) and then an en-suite with a toilet and a shower.

You will receive a care pack during your time there so you don't need to worry about toiletries. You will be taken care of and supported the entire time.

For more information on self-referral process call our **Advice Line – 01773 746 115**. Other professionals supporting a client who has recently disclosed serious sexual assault or rape are welcome to call for advice