

theharbourcentre

24/7 support for victims of rape
and sexual violence living in Norfolk

01603 276381
contact@theharbourcentre.co.uk
www.theharbourcentre.co.uk

Use the QR code to watch **Look what you did**, a short film that highlights the work
of the Harbour Centre



THE HARBOUR CENTRE
Sexual Assault Referral Centre

Norfolk Constabulary

101 | norfolk.police.uk
Always dial 999 in an emergency

The Harbour Centre

01603 276381 | theharbourcentre.co.uk

National Victim Support

0808 1689 111 | victimsupport.org.uk

Leeway Domestic Violence Services

0300 561 0077 | leewaysupport.org

National Domestic Violence Helpline

0808 2000 247 |
nationaldomesticviolencehelpline.org.uk

NSPCC

0808 800 5000 | nspcc.org.uk

Forced Marriage Unit

0207 008 0151 | gov.uk/forced-marriage

Galop, the LGBT+ anti-violence charity

0800 999 5428 | galop.org.uk

Five Million Men National Helpline

0808 8005005 | safeline.org.uk

Men's Advice Line

0808 8010327 | mensadviceline.org.uk

Watch **Look what you did**, a short film,
released as part of the 'time to stop'
campaign, that highlights the work of the
SARC in supporting victims of rape and
sexual assault.

www.theharbourcentre.co.uk/our-services



RAPED OR SEXUALLY ASSAULTED

WHERE WOULD **YOU** GO IF YOU
NEEDED HELP?

The Harbour Centre is a
**Sexual Assault Referral
Centre** providing medical care
and one to one emotional &
practical support to victims of
rape, attempted rape and
serious sexual assault (that
includes penetration), whether
you are a man, woman or
child and if it happened
recently or a long time ago.

24 Hour Helpline Number:

01603 276381

www.theharbourcentre.co.uk

THE HARBOUR CENTRE
Sexual Assault Referral Centre

It's your choice

If you are over the age of 13 years old you will not be pressured into contacting the police. We are here to provide the support you need and we will respect any decisions you make.

Your case and any information you give us, will be treated in confidence and only cases involving children or vulnerable adults will be automatically reported to the relevant services as part of our duty of care.

One off appointment

If you have not reported to the police, you can attend the Harbour Centre and speak with a Crisis Worker who will go through your options and sign-post you to the relevant services.

Professionals referral

If you have previously reported to the police or feel unable to come to The Harbour Centre, your GP or any other professional can refer you to us for support. Details are on our website under the professionals section.

Police involvement

Should you wish to involve the police we can explain how to do this and support you through this process. You can also choose to pass the information about the assault to the Harbour Centre to submit this anonymously to the police as intelligence.

Time to think

We can securely store evidence gained from your examination, and if you decide to report at a later date we will be able to help you with this process.

How can the Harbour Centre help me?

Our specialist centre offers a range of services to give you the best care possible, suited to your individual needs:

Medical help

You can see one of our specially trained nurses who will carry out a forensic medical examination, with your consent.

The examination will take place in one of our fully equipped suites, specially designed to protect your dignity and privacy.

We will look after your immediate health care needs and collect

forensic evidence from you with your permission.

If you have not already contacted the police, the nurse can collect samples and we can store these for a number of years at The Harbour Centre. If you decide to report to the police, these samples would then be given to the police with your consent for possible forensic analysis.



theharbourcentre.co.uk | 01603 276381

Counselling

The Harbour Centre can assist you in accessing the services of partner agencies, who can provide specialist independent therapeutic support for the after effects of rape and sexual assault.

Safety

If you are concerned for your safety at any time, please contact the police on 101 or in an emergency, dial 999.

We can also provide advice for sexually transmitted infections and support you through any follow-on care.

Emergency contraception / pregnancy testing

We can provide emergency contraception and pregnancy testing. Our specially trained nurse will discuss this with you along with any sexual health checks you may require.

Who is at The Harbour Centre?

Crisis Workers

A Crisis Worker will be available to support you throughout your time at The Harbour Centre.

Forensic Medical Examiner

If you choose to have a forensic medical examination, a specially trained nurse will come to the centre to see you. With your consent they may take samples for evidence. The nurse will also aim to address any immediate health concerns.

Support Worker -

Independent Sexual Violence Advisor (ISVA)

After your initial contact with The Harbour Centre, where appropriate and with consent your Crisis Worker will ask a Support Worker to contact you.

The ISVA will develop a support plan with you and can also support you through the police and court process if you are taking this route.

Specially trained Police Officer

If you decide you wish the police to be involved then a specially trained police officer will attend and speak to you.