

What to do if you are sexually assaulted or raped in Cambridgeshire

Steps to take:

1. If you have been raped or sexually assaulted call 999 and get to a safe place.
2. Save all of the clothing you were wearing at the time of the assault, unwashed and if possible place in a paper bag.
3. Do not:
 - Shower, bath or wash
 - Douche
 - Brush your teeth
 - Disturb anything in the area where the assault occurred
4. If you are absolutely certain you do not want the police involved and are not in danger contact:

The Oasis @ Rivergate:
0845 089 6262
www.oasiscentre.org

The phone lines are open 24 hours a day, 7 days a week and a member of staff will assist you with what to do next.

**In an emergency
always dial 999**

Languages

If you or someone you know has experienced rape or sexual assault please call: **0845 089 6262**.

Jesli jesteś ofiarą gwałtu lub przemocy na tle seksualnym, lub znasz kogoś, kto jest ofiarą, zadzwoń na **0845 089 6262**

Jei Jūs ar kas nors, ką Jūs pažįstate, buvo išprievartautas ar seksualiai užpultas prašome skambinti telefonu :
0845 089 6262

Se você ou alguém que você conheça tiver sido vítima de estupro/violação ou agressão sexual, por favor, ligue para **0845 089 6262**

Если вы или кто-либо из ваших знакомых стали жертвой сексуальных домогательств или изнасилования, пожалуйста, звоните на **0845 089 6262**

如果您本人或您所认识的人被强奸或受到了性侮辱请拨打电话：
0845 089 6262。

اگر آپ کی یا کسی ایسے شخص کی جسے آپ جانتی ہیں آبروریزی کی گئی ہے یا اس پر جنسی حملہ کیا گیا ہے تو برائے مہربانی نمبر 0845 089 6262 سے رابطہ کریں۔

আপনি অথবা আপনার পরিচিত কোনো ব্যক্তি যদি ধর্ষণ বা যৌন আক্রমণের শিকার হয়ে থাকেন, তাহলে অনুগ্রহ করে এই নম্বরে কল করুন: 0845 089 6262



Oasis @
Rivergate

The Oasis @ Rivergate
Rivergate Primary Care Centre
Viersen-Platz, Peterborough PE1 1SE



‘A place of sanctuary
and support’

**Cambridgeshire Sexual
Assault Referral Centre**

0845 089 6262
www.oasiscentre.org



ROPECRISIS
England and Wales

NHS

The Oasis @ Rivergate

The Oasis @ Rivergate is a dedicated centre providing a comprehensive service to men, women and children who have been raped or sexually assaulted recently or in the past.

We offer a safe, welcoming and comfortable environment which focuses on the needs of the individual.

Is the service confidential?

Yes, however there may be occasions when other agencies need to be informed, e.g., if a child is at risk of harm.

What are my options?

Police involvement

It is your choice whether or not to involve the police. We can explain how to do this or we can make the initial report for you.

Anonymous reporting

You can choose to pass information about the attack to the police anonymously. If you agree we will pass this information without identifying you.

Time to think

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

We will support and respect whatever decision you make.

What services are available?

Our specialist centre offers a range of services to give you the best care possible:

Forensic medical examination

If the assault has occurred within the last 7 days you may be medically examined at the centre, with your consent. The examination will take place in one of our fully equipped suites, specially designed to protect your dignity and privacy. The purpose of the exam is to collect evidence from you and look after your immediate health care needs.

Emergency contraception

We can provide a range of emergency contraception, our specially trained nurse or doctor will discuss these options with you.

Advice and screening for sexually transmitted infections

In certain cases the risk of some infections like HIV and Hepatitis B can be reduced if medication is given as soon as possible. We will advise you of further screening.

Pregnancy testing

If you think you may be pregnant as a result of an assault we can offer you pregnancy testing and support you with this.

Ongoing and long term support

Our Independent Sexual Violence Advisors offer ongoing practical and emotional support to anyone who has been raped or sexually assaulted, recently or in the past.

They can help those affected come to terms with what has happened and explain the options available. If required they can refer to different agencies relating to counselling, sexual health, mental health, substance misuse and housing.

They can accompany and support individuals through any police interviews and throughout the court process.

Who is at The Oasis @ Rivergate?

There are several people involved in the Oasis @ Rivergate who are there to offer help and support:

Crisis workers

A crisis worker will be available to support you throughout your time at the Oasis @ Rivergate.

Specially trained officer

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

Forensic medical examiner

If you choose to have a forensic medical examination a specially trained doctor known as a forensic medical examiner will come to the centre to see you. They may take samples for evidence and help with any immediate health concerns.

Independent Sexual Violence Advisor (ISVA)

After your initial contact with the centre the Crisis Worker will ask an ISVA to get in touch with you and offer long-term support.