

Victim guidance

Advice for victims of sexual offences
who do not wish to report to the Police



Lancashire
Constabulary



We understand that at this moment, you may not wish to make a formal report to the Police. Your welfare and safeguarding is our priority, you are in control.

In time you may want to report the incident to the police.

To assist, there are some simple actions, which if taken in the days following the incident, may help the police, should you decide to make a formal report.

There is no time limit on when you can report an incident of this nature.

When you are ready to talk, we will be ready to listen.

This leaflet contains information about:

- Preserving evidence
- Physical & sexual health advice
- Emotional & psychological health advice



Preserving evidence

Clothing

- Forensic evidence may remain on clothing worn at the time of the incident.
 - If possible, place clothing items into paper bags and seal them closed.
 - If paper bags are not available, then plastic bags can be used but only for clothing that is dry.
 - Any damp or wet clothing, must be placed into paper bags.
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Photographs

- If you have received any injuries as a result of the incident, consider taking a photograph(s). The use of a mobile phone is fine, as this will capture the date and time that the photograph was taken.
 - It would be helpful if photograph(s) were able to show the size of the injury; consider showing the injury against something that indicates size. Such as, mobile phone, comb, pen etc.
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Phone evidence

- Do not delete anything from your phone that relates to the incident.
 - This may include, any chats, messages, social media contact, photos, and calls you had with the person(s) connected to the incident.
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Family / friends

- Having support from a family member or friend can help.
- Speak with someone that you feel safe to talk to, talking things through is a great way to share your feelings and concerns.
- You are not alone. People will want to support and listen to you.

Physical / Sexual Health

Professional and confidential advice on physical and sexual health can be accessed as follows:

- **Your own Doctor** – they are there to support you and offer a variety of services.
- **The Lancashire SAFE Centre** – Located at The Royal Preston Hospital. Attending the SAFE Centre as a 'self-referral' also ensures that your health and wellbeing needs are met, services available include:
 - Referral to sexual health services
 - Emergency contraception
 - Referral to an Independent Sexual Violence Advisor (ISVA) or therapeutic service.

You can also attend the SAFE Centre for a forensic examination and have samples and clothing securely stored there for 2 years. The earlier you attend the SAFE Centre following an incident, the more forensic opportunities will be available.

The police will not be informed of your referral and examination, UNLESS there is a safeguarding issue(s) which requires immediate action for your safety or others.

01772 523344 – Open 24/7 every day of the year

Website: lancsteachinghospitals.nhs.uk/our-services?service=58

- **Lancashire Sexual Health Services**

Lancashire Sexual Health Services. Lancashire Sexual Health Services can help with a variety of sexual health related conditions, providing testing and treatment of sexually transmitted infections (STI's), including HIV. This service can be contacted on 0300 123 4154 or visit <https://lancashiresexualhealth.nhs.uk/> for advice on sexual health screening and viruses or to order a free postal sexual health testing kit..

Emotional / psychological support

There are several organisations within Lancashire who offer independent and confidential support.

If you feel this is something you would find helpful, then reach out, as there will be a service that suits you.

The following list provides you with information of local and national organisations that are available to you within Lancashire:

Lancashire Victim Services

Lancashire Victim Services will support you whether a report is made to the Police prosecution proceeds or not and will ensure you get the right information, help and support for your individual needs.

0300 323 0085 - Open 24/7 every day of the year
Website: lancashirevictimservices.org



Trust House

Offers counselling and support to anyone affected by any kind of sexual violence or abuse. Provides practical advice for supporters of people who have been subject to sexual violence or abuse.

01772 825288

Website: trustouselancs.org



Birchall Trust

Supporting people (from the age of 4) affected by rape and sexual abuse across Lancashire and Cumbria through providing trauma informed practical and emotional wellbeing support, counselling, education and training.



01229 820 828

Website: birchalltrust.org.uk

NHS Lancashire & South Cumbria Wellbeing Services

Person centered listening environment for people requiring emotional and mental health support. The texting service supports people's wellbeing and mental health for those who prefer to communicate via text.

0800 915 4640

Monday to Friday 7.00pm to 11.00pm Weekends 12.00pm until Midnight.

Text HELLO to **07860 022 846**

Monday to Friday 7.00pm to 11.00pm
Weekends 12.00pm until Midnight.

Website: lscft.nhs.uk/services/service-finder-z/wellbeinghelpline-and-texting-service



National Ugly Mugs

A national organisation supporting sex workers. Ugly Mugs provide specialist support from staff and trained Independent Sexual Violence Advisors (ISVA).

Website: uglymugs.org

Call: 0161 629 9861 (Monday to Friday 9am - 5pm)



The Samaritans

A 24-hour confidential service offering emotional support

Call: **116 123**

Website: [samaritans.org](https://www.samaritans.org)

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

Rape Crisis National Helpline

National helpline for anybody aged 16 or over who has been affected by any type of sexual violence.

0808 500 2222

Open 24/7 every day of the year

Webchat: [rapecrisis.org.uk](https://www.rapecrisis.org.uk)

Website: [247sexualabusesupport.org.uk](https://www.247sexualabusesupport.org.uk)

The Rape Crisis logo features the words "RAPE" and "CRISIS" stacked vertically. "RAPE" is written in a purple, hand-drawn, uppercase font, and "CRISIS" is written in a green, hand-drawn, uppercase font.

If you decide to take the step to report to the police, this can be done in several ways:

- Pick up the phone and ring 101
 - Walk into a Police Station and speak with front office staff
 - Speak with a police officer who is working in your area
 - Report on line via the Lancashire Constabulary website [lancashire.police.uk](https://www.lancashire.police.uk)
- If you are deaf or hard of hearing, please visit [emergencysms.org.uk](https://www.emergencysms.org.uk) or [signlive.co.uk](https://www.signlive.co.uk) for advice about reporting.

Remember...

You are in control of your decisions, when you are ready to talk, we will be ready to listen.

In the event of an emergency please call 999.



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