

## Helpful Organisations

These are the other places that you can call if you would like their support. We can also contact them for you.

ChildLine (24hr helpline for under 18s)

0800 1111

Rape Crisis England and Wales (24/7)

0808 802 9999

Safeline National Male Survivor Helpline

(sexual abuse) 0808 800 5005

West Mercia Rape and Sexual Abuse Support Centre 03456 461188

The Samaritans (24hr mental health helpline)

116 123

Refuge (24/7 national domestic abuse

helpline) 0808 2000 247

Mankind Initiative (male domestic abuse)

01823 334244



### Our Address:

Darlaston Medical Centre,  
Pinfold Street,  
Wednesbury,  
West Midlands,  
WS10 8SY



## Questions?

If you think of any questions before arriving at our SARC, or whilst you are in our waiting room, you can write them down here so you don't forget them.

## Feedback

We love receiving positive feedback about the service we provide, but we are also happy to receive any suggestions for improvements.

Knowing what we are doing right, and what we could do better, will help us to continue delivering excellent care.

You can leave us feedback in person at the SARC or via email: [wmp paed.sarc@nhs.net](mailto:wmp paed.sarc@nhs.net)

**NHS**

England



West Midlands  
Regional

**CYPAS**

West Midlands Regional Children &  
Young People Sexual Assault Service

**A guide for professionals**



**0330 223 0099 (24/7)**

[westmidsregionalcypas.co.uk](http://westmidsregionalcypas.co.uk)



Service provided by:



MOUNTAIN  
HEALTHCARE

# Welcome to our service

CYPSAS is a free holistic service for children and young people under 18 (or under 25 with complex needs) in the West Midlands who have experienced sexual abuse in their lifetime.

We offer care 24/7/365 by appointment only and are reachable by phone on 0330 223 0099

## Our Services:

We offer acute medical appointments (within 21 days of the event) in Wednesbury.

The acute service is 24/7 and you should contact the centre as soon as possible to discuss any recent incident.

CYPSAS will review the urgency of examination dependent on the strategy discussion, forensic capabilities and health needs, and an appropriate appointment will be agreed.

For incidents within 7 days, we may advise that the child or young person refrains from certain activities such as washing/bathing and brushing their teeth, however the comfort of the child or young person remains priority and this occurring will not prevent an examination taking place.

We would usually not advise that an Achieving Best Excellence (ABE) interview is held prior to the medical appointment if the event happened in the last 7 days and would recommend discussing with the on-call clinician.

We also offer holistic examinations for non-recent (post 22 days) referrals. Appointments are Monday to Friday (9am -5pm) across the West Midlands region. When calling us, we will discuss which clinic will be most appropriate for the child or young person to attend.

In certain circumstances, we can offer in hospital assessments. If you feel this may be appropriate, please let us know and we can discuss this option.

### An examination will usually cover:

- Taking a detailed past medical history.
- Pregnancy risk assessment and providing emergency contraception if indicated.
- Risk assessment and prophylactic treatment for Hepatitis B and HIV if indicated.
- Checking for any injuries (can include recent and non-recent injuries where there could be signs of healing).
- Mental health risk assessment.
- Forensic samples where relevant.
- Safeguarding considerations.

## Referral to Willow Tree

### Under 13 years old

For both acute and non-acute medical services for children under 13, the police OR social services must make the referral.

We are happy to offer advice and support to any service or professional, but the police or social services must accompany the child to a medical appointment.

All children under 13 will be seen by a doctor.

### 13-17 years

If SARC staff believe a young person is Gillick competent, they can self-refer to our service. Professionals can also refer young people and provide us with contact details for us to gain consent and speak with them.

If a young person is referred to us by the police, they will contact us on their behalf and arrange an appointment. They will also transport them to and from the SARC.

We can be contacted on 0330 223 0099 (24/7) to make a referral and/or receive advice from a clinician.

## Safeguarding Strategy Meeting

We strongly recommend a strategy discussion for all referrals into the SARC, and this must take place for all under 13s.

SARC staff should be involved in strategy meetings and we have a safeguarding strategy manager who can support with this.

A safeguarding referral or notification is completed for all children and young people who access the SARC service as part of the 'Working Together to Safeguard Children' statutory framework.

## Before Attending an Appointment

Please send any strategy, ABE, or first accounts to **wmppaeds.sarc@nhs.net** prior to attending an appointment.

You could be at the centre for between 2-5 hours, this is dependent on the needs of the child and young person so it's a good idea to bring something to read or do.

We have drinks and snacks available for children and young people. Please let a member of our staff know if there are any known allergies.

Please do not arrive early at the SARC for an appointment. We try to maintain privacy and to be as discreet as possible, and this will help us to do so. If you are running early or late for your appointment time, please contact the centre to make staff aware.

## Take Care

After their medical care, all cases will be offered referrals to other agencies and services such as a Children and Young People's Independent Sexual Violence Advisor (ChISVA), counselling, GP, mental health, health visitors, paediatricians and other organisations depending on their needs.

The SARC tests children under 13 years old for sexually transmitted infections (STIs) and follows up with each child allowing for incubation periods.

Those 13 to 17 years old will be referred to a local sexual health service for a follow up.

We call all clients 3 weeks after their visit to see how they are doing and to offer additional support.

## Reports

For children under 13 a report is written following peer review by one of our senior clinicians and it is provided to relevant professionals.

Examiners provide witness statements for court where required, all statements and reports should be requested via our secure email **westmids.cypreports@nhs.net**