

Follow up support and advocacy

At Ynys Saff we have a young person's advocate, who with consent, can offer ongoing emotional support to the young person and, if needed other family members who are aware of what has happened. If required, the advocate can also help access sexual health screening and counselling services. They can also help by explaining what the Police will be doing and ask any questions that you might have and give you information on justice processes.

Confidentiality

As a young person it is very important that you have a say in everything that happens. The law says that information can be kept confidential as long as you understand all that you are being told and that you understand the consequences. However, as a victim of sexual violence we would see you as vulnerable and would be concerned for you. Therefore we would need to make sure that Social Services are aware of what has happened in case you need anything from them to feel safe again. They can also help access other support for you.

SARC Details

We are open from Monday-Friday 9am-5pm and you can contact us on 02920335795. If you are calling outside these hours please leave a message on a number that is safe to call you back on. If you decide that you want to come to the SARC for help without speaking to the Police or Children's Services, then we can support you. We may not need to contact the Police, but it is likely that we will need to contact Children's Services to help make you safe. We want to check out who you have to support you and how you are going to manage what has happened.



Ynys Saff, Safe Island,
Sexual Assault Referral Centre,
Cardiff Royal Infirmary,
Newport Road
Cardiff.
CF24 0SZ.

Phone: 02920 335795
Fax: 02920 335796



ynys saff
safe island

'A Port in a Storm'

**Information for Young People
Aged 13-16
And
The Role of a CYPSVA
(Child and Young Persons
Sexual Violence Advocate)**

Who are we?

Ynys Saff is a 'Sexual Assault Referral Centre' or SARC. A SARC is a specially organised service to help victims of sexual violence. At Ynys Saff we support children and young people from Cardiff, the Vale and Gwent. We also have a service for adults from Cardiff and the Vale.

What we can do at Ynys Saff:

Our service is about supporting you to talk about what has happened and helping you to feel safe again. We do this by providing a calm and comfortable place for you, we listen to what you need and work to make sure that you feel heard and understood.

The Police

No one has the right to sexually abuse anyone, when this happens to a child or young person, the adult that has been told will usually need to contact the Police and they will look at how they can help.

This can seem scary on top of what you are dealing with, but at Ynys Saff we try to make this process as easy as possible. So if the Police bring you to us to get you help, we will make sure you know what is happening and why, and you will have the support that you need to talk about what has happened, when you are ready to talk about it.

The Forensic Medical Examination

This is a medical exam carried out at the SARC by a specially trained Doctor to collect evidence. It is likely that it will involve samples being collected from your body and photographs taken. This will help in understanding what has happened to you.

Emotional Support and Advice

After a sexual assault, it is not uncommon to feel shock and then as though you are fine and just want to put it all behind you. As time moves on, you may experience other feelings of sadness, anger and fear; these are quite common but can be hard to deal with alone. We can offer you support to manage these and other feelings.

Initial Support

When you first attend the centre for a Police interview or medical exam, there will be a fully trained 'crisis worker' to support you. Their role is to ensure that you understand all that is happening while you are at the SARC and that you have a say in how you want things to happen and are given choices.