

3.0 Accessing Ynys Saff

3.1 Police Referrals

Anyone reporting to the police in Cardiff and the Vale that have been raped or sexually assaulted will now be examined and interviewed at Ynys Saff. The police can access the centre 24 hours a day and there will always be a crisis worker to support the victim.

3.2 Self referrals

Even if a victim has not reported to the police they can still contact us at Ynys Saff. They can choose what services they would like to access and we will offer an appointment during the centres opening times.

Opening times

Monday-Friday, 9am-5pm (excluding bank holidays)

If calling outside of these hours, please leave a message on the confidential answer phone with your contact details.

Contact details

Ynys Saff

Cardiff Royal Infirmary

Newport Road

Cardiff

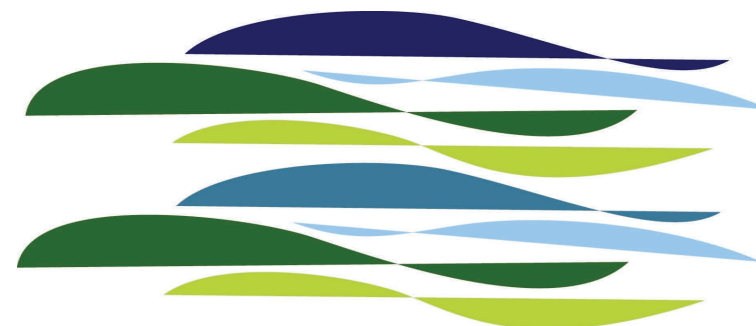
CF24 0SZ

Telephone 02920 335795

Fax 02920 335796

(For children please refer to child protection policy)

ynys saff  **cardiff and vale**
safe island **sexual assault referral centre**



ynys saff
safe island

'a port in a storm'

Information about our service for adults

Ynys Saff Sexual Assault Referral Centre
Cardiff Royal Infirmary
Telephone 02920 335795

1.0 About Ynys Saff

Ynys Saff is a Sexual Assault Referral Centre where a range of specially trained, experienced professionals give help, support and advice to individuals following sexual assault in Cardiff and the Vale.

We have been developed in partnership with the police, health and voluntary services to ensure that victims of these crimes get the best possible care.

2.0 What we offer at Ynys Saff

We provide a holistic service in a safe and comfortable environment that is victim focused and designed to meet the needs of all service users.

2.1 Advice

We can give information that can help with the decision of what to do next. If undecided about talking to the police we can arrange for victims to talk informally with a specially trained police officer at the centre.

We can also give information on and arrange any sexual health checks.

2.2 Forensic Medical Examinations

This is a medical examination carried out by a specially trained doctor to collect evidence. This is usually carried out after reporting

to the police. It can also be carried out if the victim has not yet decided to talk to the police which means they will have a choice of providing this evidence if they decide to report at a later date.

2.3 Emotional Support and Advice

There are usually a lot of different emotions after sexual assault. Confusing thoughts, emotions, and sensations are normal reactions to stress and assault. We can offer support and advice to help victims cope with these normal responses.

2.4 Initial Support

If a victim is attending the centre with the police for a forensic medical examination or a police interview they will be fully supported by a trained crisis worker. The crisis workers role is to ensure the individual makes informed choices and are cared for with dignity and respect.

2.5 Follow up Support and Advocacy

At Ynys Saff we have both an adult and a young persons/children's advocate who offer ongoing emotional support to all clients accessing the centre. If required they can also arrange and signpost to sexual health and counselling services. They can also help explain criminal procedures, liaise between the client and criminal justice agencies as well as offer practical support and advice.