

Welfare Sexual Assault Resources and Signposting Document

Welfare Officer Contact Information

Alex Mercer – Male and Non-Binary Welfare Officer – am2686@cam.ac.uk

Amara Mulliner – Female and Non-Binary Welfare Officer – aom32@cam.ac.uk

Welfare joint email – welfare@sjcjr.com

We are both available on Facebook individually or via our facebook page:

<https://www.facebook.com/sjcwelfare/>

Please be advised that if you have experienced a sexual assault or rape, that time is imperative because lots of evidence can only be collected within 48 hours – we would really recommend visiting the health centre **as soon as possible** – even if you do not have an appointment because they are the first port of call and can immediately signpost you and support you throughout the whole process. We would also like to remind you that collecting evidence is completely independent of reporting and taking the case further – so we would recommend collecting evidence just to keep your options open, although of course this is completely up to your discretion.

There is lots of support available for anyone going through mental health struggles and/or dealing with a sexual assault or rape, via college, university services, or other independent clinics. We know how daunting it can seem to seek help or advice if you have been affected by any of these issues, so we have tried to collate every resource available in one place to help you choose the right path for you. These have been collated with the help of the health centre staff, who are incredibly helpful and are always there to listen and help.

Sexual Assault and Rape

Firstly, your welfare officers, Amara and Alex, are always available to listen and help signpost you to the right resource.

Health Centre Services - <https://www.joh.cam.ac.uk/health-welfare>

Found in B Staircase North Court (B2).

Opening hours, contact details, and how to book appointments can be found via the link above.

The Health Centre is one of the best resources available to help signpost you to find the help that you need.

- Everything you say to them will be completely confidential with a few exceptions:
 1. If something you say gives them reason to believe you will be a danger to yourself or someone else.
 2. If something you say gives them reason to believe that someone else will be a danger to themselves or others.
 3. If a serious crime has been committed and a name is mentioned, they must take the matter to police.

- However, you are under no pressure to name anyone and they can tell you what they would be obliged to do if you if you did give a name so you can decide which course of action you wish to take.
- Your tutor will not be made aware of the visit, and your account can be used as evidence further down the line if you wish to take it to the police. The health centre can offer people to accompany you as well.
- The health centre staff are also able to direct you to **Amy O’Leary**, the CUSU Sexual Assault and Harassment Advisor – she is professionally trained and is an incredible resource.

Sexual Assault Referral Centre (SARC) -<https://www.theelmssarc.org/>

- The Health Centre can point you to the SARC and will put on taxis for free for you to travel there easily and discretely. The clinic can advise you on future steps you can take and can collect evidence that can be used in future if you so wish.
- *Some information about evidence:* there is no time issue in simply reporting a crime, you can report one whenever; however, any forensic evidence must be collected within 2-7 days, and if you are thinking of doing so please do not wash any clothes that were worn. Any urine or mouth swabs must be completed within **48 hours**, with a longer period of 7 days for vaginal, anal, or clothing swabs.

Please note that there are many other resources (some will be linked at the bottom of the document), however we would urge you to visit the health centre because they are trained in signposting you to the appropriate resources and they have the ability to fast track you to them.

Reporting what has happened

Crimestoppers - <https://crimestoppers-uk.org/> or call 0800 555111

- A completely anonymous service where you can report what has happened. It does not need to be followed up; however, it can be used as evidence down the line.

Office of Student Conduct, Complaints & Appeals

OSCCA – <https://www.studentcomplaints.admin.cam.ac.uk/anonymous-reporting> (for all information); <https://www.studentcomplaints.admin.cam.ac.uk/harassment-sexual-misconduct> (direct link to the anonymous reporting portal)

<https://www.studentcomplaints.admin.cam.ac.uk/harassment-sexual-misconduct/reporting-harassment-bullying-discrimination-or-sexual-misconduct> (reporting portal when taking it to another

OSCCA@admin.cam.ac.uk

- The anonymous reporting portal can be used to report what has happened so that the university has statistics about cases of sexual misconduct, sexual assault, and rape. We would urge you to click the link and fill out the form to ensure that the university is aware of the extent of the problem, so they will act accordingly. It is incredibly quick to fill out and is multiple choice, as well as being completely independent of everything, including your raven ID.

- OSCCA also provides an internal reporting service. If you fill out the form (link above) with the perpetrators name and a short account of what happened, the accused will be informed of the complaint, as will their Senior Tutor, but it is optional for your own tutor to get involved.
- OSCCA knows that this is a difficult process and so will provide you with a completely independent trained mentor to help you throughout.
- The service acts as a mediator and can work towards an informal restraint order with consent from both parties, for example, banning the accused from a department or college to reduce the likelihood of you seeing them.
- **Nothing goes on either your record or their record and it is independent of college.**

Consent John's – is a campaign launched via the SJC JCR and SBR to raise awareness about sexual consent, we hope the campaign will allow more people to talk about consent and sexual assault by increasing the visibility and understanding of the issue.

Ultimately the aim is to reduce the number of cases of sexual harassment and assault, and improve the welfare of victims by guiding them to the appropriate resources.

Launched by the Women's Officer, Anastasia Blamey – ab2555@cam.ac.uk

- Please contact her if you want to be involved, need advice, or have any queries.

Other Links:

Cam Counselling <https://www.counselling.cam.ac.uk/>

Samaritans <https://www.samaritans.org/branches/cambridge-samaritans>

Linkline/Nightline <https://linkline.org.uk/>

Blurt foundation <https://www.blurtitout.org/> - helps self – care in dealing with mental illness and advice on how to help support friends