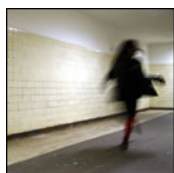

New Pathways

*Sexual Assault Referral Centre
Carmarthen*



Information Leaflet



“HELP US HELP OTHERS TO HELP THEMSELVES”.

Aims:

To work towards forging partnerships with other Voluntary and Statutory agencies. To pool together skills and expertise which will benefit the wellbeing of many who seek our support.

Objectives:

- 1) To work with families who also struggle to understand many of the complex issues that arise from Rape and Sexual Abuse.
- 2) To develop and promote Preventative Programmes, for example; to prevent trauma levels increasing, the development of negative crutches.
- 3) To promote knowledge and understanding of Rape and Sexual Abuse; preventing ignorance and dispelling myths.

History of New Pathways

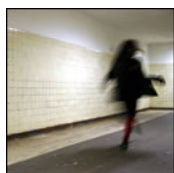
In 1993 it was recognised that there was a need in Merthyr Tydfil for a helpline for women who had suffered rape and sexual abuse. At that time the organisation was known as R.A.S.A.S.S (Rape and Sexual Abuse Support Service).

In 1997, RASASS almost folded. A new revival was brought about by Libby Jones who is the founder of New Pathways. New management and a board of Trustees were appointed.

New Pathways then opened its door to men, who were victims of such crimes.

The fight was on for funding to support a new and exciting vision. The first step to support was given by Merthyr Tydfil Council, Wales Council for Voluntary Action and the National Lottery.

Thanks have been given to these funders, especially the National Lottery who demonstrated it's belief in the organisation in providing six years of financial support.



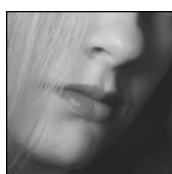
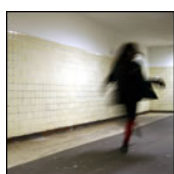
Today New Pathways is a national organisation and is recognised as the flagship in good practice, high standards and professionalism.



About New Pathways

We provide one to one counselling, by specially trained counsellors, for men, women and children who have been affected by rape or sexual abuse. We can help and support individuals who wish to report incidents to the police, and inform them about court and medical procedures. In accordance with our Equal Opportunities policy we do not turn anyone away, regardless of how long ago it was, or who it was, we are here to listen.

New Pathways is the first organisation within Wales to have developed a Sexual Assault Referral Centre or SARC. The SARC is a safe and comfortable place where a victim of sexual violence can receive support from New Pathways, the Police and medical professionals. In addition New Pathways offers counselling to all victims.



Elm Tree House Carmarthen

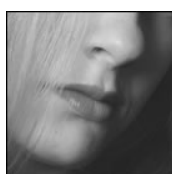
In addition to Willow House, New Pathways is proud of our involvement with a third SARC in Wales based, Carmarthen.

Within the SARC at Elm Tree House, we have an examination room, which has been therapeutically designed for victims of rape. The gathering of forensic evidence can be upsetting, and research has demonstrated further trauma can be felt at this time. We aim to demonstrate a non-threatening, non judgmental approach at all times, which helps to empower the victim to take back control.

The SARC has been designed so that the individual is able to have a private shower after the medical examination. The shower room has been designed to promote privacy, comfort and dignity. Each client will be given a Care Pack containing clothing and toiletries. We also have a larger shower room which is based on the ground floor with full disabled access.



Shower Room





Police Monitoring Facility

The SARC contains a Police monitoring room, which can be used by victims reporting these crimes. Domestic rape, rape and sexual assault or other threatening behaviour can be extremely frightening and traumatic for the victim. New Pathways in conjunction with their partners, aim to offer expertise and support to develop further SARCs in Wales

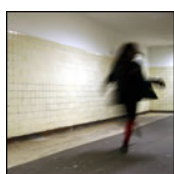
Reporting To Police

Whether or not a victim of rape reports the incident to the police is a matter of personal choice.

If a rape is reported the victim will be accompanied to Elm Tree House and will not have to be interviewed at a Police station.

At Elm Tree House, the victim will be supported by a trained Crisis Worker who will be available for the victim at all stages.

The interview lounge promotes a comfortable and safe environment. New Pathways is working in partnership with the Police and Health Authorities in order to make the procedure for the victim as comfortable as possible.



Self Referral

The decision to report sexual assault is often very difficult. Should the victim decide that he/she is not ready to report the incident to the Police, New Pathway's support staff at Elm Tree House can assist the victim with confidential advice. It is possible to have a forensic medical examination without reporting the attack initially. This will enable the victim to make an informed choice at a later stage.

Forensic evidence will be stored by New Pathways. If a decision is made by the victim to report to the police, this evidence will be released at the victim's request.

Please contact us if you have any further questions or concerns.



Relatives Room

Following sexual assault, many people feel distressed and may find it difficult to cope. They require some time to adjust to what has happened to them.



People react to trauma differently. It is important that victims understand their reactions and the feelings or symptoms they may be experiencing. The professional help and support offered by New Pathway's staff will assist them in doing this. The support provided is given in a three stage programme:

Stage 1: Fast Track

A victim of sexual violence receives immediate support. The Support Worker will explain all procedures to the victim. Also providing support during the medical examination and Police Interview.

Stage2: Holding and Pre-Court

In this stage the victim receives support either face to face or by telephone. The support provided is NOT counselling, it is merely support. The Support Worker helps the victim to cope with flashbacks, nightmares and panic attacks whilst helping the person deal with everyday life. The case will not be discussed in any way. This process helps to reduce the trauma level and prevents the adoption of negative coping mechanisms.

Stage 3: Long term therapeutic intervention.

This would only take place after any court case is held. Then a Counsellor will begin therapy with the victim, helping them deal with feelings that may be very difficult for them.

Dyfed-Powys Police are working in partnership with New Pathways in delivering vital services to those affected by Sexual Violence, providing Forensic and Support services across the force area.

Over the last eleven years New Pathways has listened to many victims tell their traumatic stories. We have recorded their needs and requests for help. From listening to our clients, the SARC centres have been developed. Our aim is to deliver the best practice at all times to our community and service users. We believe our SARCs are achieving this.

If you wish to visit the centre, or would like any further information about services, please do not hesitate to contact our Support Staff in Carmarthen.



*At New Pathways there is someone
you can talk to if you have been
affected by Rape or Sexual Abuse – no
matter when, or how, - we are here to
listen.*

Contact Details

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*New Pathways is a Registered Charity (No 1029186).
Patrons: Glenys Kinnock M.E.P. and Huw Lewis A.M.*

*New Pathways is an organisational member of the British Association for
Counselling and Psychotherapy and works within their ethical framework
for good practice.*

