



Welcome to the Sunrise Hub

April 2025

We break to heal

*They told me to break and break and break
Even if it hurts
I got to the point of questioning
If I was breaking for the better or the worst*

*And even if I was
They didn't let me know
Because to heal you have to let yourself break
And allow yourself to grow*

*They helped my find my voice
And gain my confidence back
They taught me to never judge myself
With labels like tall, short, slim or fat*

*Because we're all our own canvases
Each painted with no requirements
They taught me to love myself no matter what
Regardless of the setbacks*

*They taught me to know
That when I choose to be myself
I'll start to really shine
That every time I broke
It healed me a bit more every single time*

*Because breaking isn't a bad thing
It show you how to feel
The negative and positive
Will teach you how to heal*

Poem written by a young person/survivor of interfamilial abuse supported by Sunrise

Welcome to the Sunrise Hub!

'The North East London Sunrise hub is a holistic, child-centred, and integrated approach to supporting the recovery of children and their families who have been affected by sexual abuse.'

A child or young person coming through the service can expect to be supported by children's doctors, health and wellbeing advisor, health play specialists, and wellbeing practitioners.'

The Sunrise Hub supports children and their families, where there has been a disclosure or strong suspicion of sexual abuse who live within North East London. The Sunrise Hub includes some of the elements and best practice of the Childhouse/Barnahus model and has drawn on Lighthouse expertise in developing the model. The service also works closely with the Havens to ensure that children who have experienced sexual harm are seen by the right team at the right time.

Mission statement:

- Respect every individual's unique identity and worth
- Encourage everyone in the network to become an advocate for the child's voice through training and expert advice & guidance
- Encourage and promote knowledge around consent to enable each child to have autonomy over their own support
- Prioritise the safety of children and young people in partnership with statutory services

Service Model

The service is provided by a multi-disciplinary team of health, voluntary sector and social care professionals who work as a multi-disciplinary team offering an integrated pathway. The service offers health assessments, and emotional support to children aged under 18 (up to 25 with SEND needs) and families plus advice and guidance to health professionals, social workers, and the police concerned about or referring children disclosing sexual abuse.

The Sunrise Hub does not have a base: clinical work is undertaken at The Royal London Hospital with the therapeutic emotional support provided in the child's home borough at a place of their choosing, often their school.

Referrals are mostly made by children's social care however GPs, Paediatricians, Police, CAMHS and the Havens also refer.

Child Sexual Abuse Medicals / Holistic Health Assessments

The clinic team includes paediatricians, a health and wellbeing advisor, and play specialists. The medical assessment is child-centred, and trauma informed involving play work to help set the pace and to keep the child at ease. The child remains in control and is encouraged to have their voice heard throughout. The Sunrise Hub has the capacity to provide 156 new health assessments and 78 follow up appointments annually.

Emotional wellbeing support

The Barnardo's TIGER service provides trauma informed, bespoke, child-led emotional wellbeing interventions to children and their families as part of the Sunrise Hub. TIGER stands for Trauma Informed Growth and Empowered Recovery. The service offers up to 10 direct sessions to children (although this can be extended to 16 if the child requires additional support). TIGER also provide up to two additional sessions directly to parents to help them to better support their child's recovery. Over the last year the service has started a virtual support group for parents and carers to support them with the trauma associated with child sexual abuse and their own mental health and wellbeing. The Sunrise Hub has the capacity to accept up to 150 new TIGER referrals annually and currently has 100 young people on the waiting list.

Advice, guidance and training to professionals

The Sunrise Hub team includes a CSA social care liaison officer (SCLO) hosted by the London Borough of Barking and Dagenham. The SCLO ensures that referrals to the Sunrise Hub are appropriate and contain the necessary information to ensure the child can receive safe and trauma-informed care at the Sunrise Hub. This may include attending strategy meetings to advise on the CSA pathway and to support safety planning for children. CSA Think Spaces and consultations are also offered by the SCLO and TIGER practitioners to professionals in the child's network to support confidence in identifying and responding to child sexual abuse concerns and increasing knowledge of the pathways to sexual abuse recovery services. The CSA Think Spaces can also offer a reflective space to professionals to support the care of children and young people who have declined Sunrise Hub support or are on the waiting list for TIGER intervention. The Sunrise Hub also offers training to NEL professionals on how to identify and respond to CSA, demystify CSA health assessments, sibling sexual abuse, trauma and harmful sexual behaviours.

Background to Sunrise Hub

North East London is an area comprising the City of London and the boroughs of, Barking and Dagenham, Hackney, Havering, Newham, Tower Hamlets, Redbridge and Waltham Forest. North East London has a young and ethnically diverse population in comparison to the rest of England, with high levels of deprivation. Data from 2023 estimates the total population of North East London at 2.07 million of which 0.5 million are children under the age of 18. Over 50% of these children are from a Black, Asian and/or Minority Ethnic background.

The Sunrise Hub (formerly known as the NEL CSA Hub) was commissioned in 2018 with agreement and core funding from the then 5 NEL Clinical Commissioning Groups (CCGs). Additional funding was provided by NHS England (NHSE) in 2021 and the Mayor's Office for Policing And Crime (MOPAC) in 2023. The service received a Health Service Journal (HSJ) award in 2021 for System/Commissioner-led Service Re-design. The total annual funding for the service is £596,824.

TIGER talks: involving our young people in service development

In 2022 TIGER talks was commissioned to engage with NEL young people on their experience in the Hub and how this could be improved. The commissioned report is informing developments in the Hub including working with estates to locate an appropriate base for the service. A summary of the young people's thoughts and feelings is shown below.



Estimated Prevalence of CSA in North East London

The data insights Hub from the CSA centre of excellence estimates that over 18,000 children residents in NEL are sexually abused annually, with 1700 assessed 'at risk' by children social care in 2022/23. The table below shows the breakdown by local authority area (note – the City of London isn't included in the data).

Local Authority	CYP on Child Protection plan for sexual abuse	CYP judged to be 'at risk' of sexual abuse	Estimated no. of children sexually abused annually
Barking and Dagenham	21	365	2,590
Havering	<5	254	2,350
Newham	<5	330	3,320
Redbridge	<5	220	3,060
Tower Hamlets	0	117	2,500
Waltham Forest	<5	243	2,370
Hackney	14	182	2,190

The last 2 years at the Sunrise Hub in numbers

462

Referrals for
TIGER
support

380

Participants
trained
across the
network

307

Referrals for
health
assessment

496

Advice and
guidance
consultations

407

Strategy
meetings
attended

What children and families say about the Sunrise Hub

"I have felt listened to and you have not judged me. I have had therapy in the past but did not feel that they had my interest at heart. From the introductory meeting with you, I had a good feeling that we would get on. I am a person who can 'sus' people out who are genuine and who just doing it as their job. You have been genuine with me. You have made me see that what happened to me should not define my future. I have been able to be honest and open when talking with you. There have been times when I have been angry and you always allowed me to speak about my feelings and discussed ways of coping with them. I have looked forward to our sessions as it has been the one place where I have been able to speak openly about what happened to me and how it has affected my mental health. I have been able to be me. I know that there may be times in the future where I may get flashbacks, but I feel in a much better place to deal with it."

"They made her feel safe and in control of what was happening. Made her feel comfortable."

"They made her feel like she was playing and made the experience very child friendly."

"Very human and warm welcome. The team made our daughter feel comfortable and relaxed and everyone was very professional. The team also made us feel supported and welcomed."

"Staff are friendly and approachable. Made my child feel comfortable despite how sensitive the situation was."

"There was a boy in my year I had a crush on since year 7. One day he messaged me on insta, telling me that he liked me. We started talking, At the beginning he was really nice. He was caring, we talked a lot. I felt safe. I felt like I could trust him. But as soon as year 9 hit he started asking me for nudes. He was constantly messaging me. He made me send him nudes and he leaked them. I got lucky that one of my close friends saw and she told me. I'm grateful that it only got to my close friends. I told the police. It got resolved and it stopped. I was seeing a doctor at CAMHS, the children's mental health service, at the time. He suggested Barnado's could help. It was quite a while to get an appointment, but it was worth the wait. I met my practitioner and at the beginning I didn't want to talk. But once I got to know her I felt better. I felt like I could trust her. It didn't feel like normal counselling, I felt like I was talking to a friend – someone I could trust who would support me. I used to go home feeling happy – finally I got to talk to someone!"

What professionals say about the Sunrise Hub

"...Reflecting on the potential long-term impact of harm, even if not immediately visible, highlighted the need for proactive safety planning."

"The Think Space provides time for reflection, hypothesising, and most importantly thinking about the voice of the child."

"...a seamless approach to offering support to this young person which resulted in her feeling confident in seeking support which was heavily based on her consent and preference."

"A safe space to reflect together."

"...the practitioner is able to express their feelings and anxiety that may be encountered."

Challenges we face

Many of the children and families referred into Sunrise Hub present with more than one additional complex issue increasing their vulnerability. This includes learning difficulties and/or neurodiversity, sexual exploitation (including online), exposure to domestic abuse, homelessness, substance abuse, parents with mental health issues, exposure to substance misuse and being a refugee or asylum seeker.

74% of children referred in 2023/24 had mental health symptoms, including self-harm, suicidal ideation and previous suicide attempts. 25% of children had a diagnosed or suspected mental health disorder such as disordered eating or low mood.

Referrals into the service are increasing annually. In April to September 2024 161 children were newly referred to Sunrise Hub for TIGER services. Referrals increased by 68% in the years between 2021/22 and 2022/23. TIGER currently has a waiting list and although the MDT triages and risk assesses regularly to ensure that children and young people with more severe mental health symptoms are seen quickly, some children are waiting up to a year after referral for therapy.

Our Vision for the future:

- To become a Child House for North East London and be able to offer the full integrated service to children and young people, including criminal justice and case worker support, whilst retaining the ability to deliver elements of the service in spaces close to the child's home.
- For every child and young person and their families/carers are offered the services they need and want at the right time and place for them.
- To increase integration with specialist CAMHS services.
- To increase our capacity in supporting the network of professionals around the child/family to be better able to support children disclosing or affected by child sexual assault.
- To develop a research and enquiry ethos to enable us to adapt to the needs of children and their families.
- To be a model of good practice and advocate more widely for children and young people who have experienced sexual harm whilst influencing government policy and societal changes.