



TIGER Light Service Details and Protocol

Early emotional support for children and young people (aged under 18) who have experienced sexual abuse

What is TIGER Light?

- Short-term intervention; usually 7 10 weeks
- New, evidence and trauma-informed approach
- Coaching to re-empower child or young person
- Co-designed intervention plan, led by young person

Early emotional support offered to families will include:

- Barnardo's Practitioner liaises with pediatrician, which may include a joint assessment and a paediatrician-led health check;
- 7–10 sessions of trauma-informed therapeutic support, advocacy, case management, symptom management with safe and appropriate onward referral as required;
- Signpost to local specialist services, for immediate or later support;
- Urgent referral to CAMHS for specialist longer-term therapy and / or case management with crisis management;
- Work with CYP Havens local pediatricians and other professionals to share outcomes, best practice and learning;
- Partnership working with other agencies for effective case management.

Where we work:

We work across the North East London (NEL) CCG in: Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest.

Local North East London Non-Acute CSA Pathway:

To refer a child or young person please refer to the NEL CSA pathway included included in this document.

To find out more about Tiger Light please contact us:

T: 0207 790 4621 E: tigerservices@barnardos.org.uk

TIGER Light (TL) Pathway for children and young people living in, or under the care of, Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest councils.

Child or person
referred to Children's
Social Care due to
disclosure of, or
concerns about,
sexual abuse that is
not within the Acute
(forensic) pathway.

Joint meeting possible within 2 weeks and joint assessment/referral meeting completed with paediatrician/designated doctor and social care.

Send Barnardo's the TIGER Services Referral Form (please contact us first to discuss the most secure way to do this if you do not have a NHS.net or CJSM account).

TL Team Manager confirms receipt of referral, seeks any clarifications and allocates to TL practitioner who speaks to the local paediatrician and agree a date for a joint assessment meeting.

Joint meeting not possible within 2 weeks.

Paediatrician and TL Practitioner set up separate meetings and communicate outcomes afterwards.

At first appointment the TL practitioner will discuss the TL offer. Ensure Data Privacy Notice is explained and obtain consent for service delivery.

TL work is delivered over next 7 – 10 weeks. There is appropriate liaison with other professionals in the ecology of the child or young person.

At end of support CYP will be asked for their feedback and supported into longer-term support if needed and agreed.

The CYP will be contacted by the Barnardos
Enquires and Evaluation Service (BEES) at 3
months and 6 months after completion of TL support
to check on any ongoing support needs
and any further feedback.





Tiger Light is part of Barnardo's TIGER Services.
TIGER stands for Trauma Informed Growth and
Empowered Recovery; Barnardo's unique evidence-based
and evaluated trauma-informed approach. We also work
with children, young people and their families where
there are concerns around child sexual exploitation,
harmful sexual behaviour or serious youth violence.