



The 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. We provide a service to residents and professionals in Barking & Dagenham, City & Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest.

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

Holistic Health Assessments

The Sunrise Hub clinic is held at the Royal London Hospital. We recognise the impact of traumatic experiences on health and wellbeing and provide a safe space for children to talk about any concerns they have about their body, their health and how they have been coping. The medical assessment is child-centred and set at a pace to keep the child at ease. The child remains in control throughout and is encouraged to have their voice heard about what they feel comfortable happening during the medical assessment. The medicals provide a holistic health assessment, with the option of a head-to-toe body examination, STI screening, pregnancy screening and follow up appointments.

TIGER

Trauma Informed Growth and Empowered Recovery

Emotional Wellbeing Support

Provided by Barnardo's, the TIGER service is a short-term support for children and young people. Sessions focus on the following:

- To help them understand and make sense of the things that have happened to them
- To help to understand why they might be behaving and feeling the way they are
- To help them to find safer ways to manage their feelings
- To look at their future and help them to believe that they can be who they want to be
- To plan their next steps to support them to move forward