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.

Service Offer

Child sexual abuse medicals / 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 examination including genital examination, STI screening, pregnancy screening and follow up appointments. Please refer to the CSA medical pathway below for advice on whether a referral to the Havens is more appropriate.

Emotional wellbeing support

The Barnardo's TIGER service provides emotional wellbeing intervention to children and their families to support their recovery post sexual abuse. TIGER stands for Trauma Informed Growth and Empowered Recovery. We can provide direct work sessions with the child (generally up to 10 although this can be extended to 16 if the needs of the child require an extension). Children are seen at a safe venue of their choice; this is often their school or another venue in their home borough. We can also provide sessions with the parent/carer (usually 1-2 sessions although with younger children or children with special needs it may be more appropriate to provide more sessions with the parent and less with the child-this is decided on a case-by-case basis). We collaborate with professionals in the child's network and will support onward referrals if needed.

Advice and guidance to professionals

The Sunrise Hub team can provide advice and guidance to professionals during strategy meetings to support the planning of support and safety for children affected by sexual abuse. CSA Thinking Spaces can also be offered to Social Workers to support confidence in identifying and responding to child sexual abuse concerns, increasing knowledge and understanding of the pathways to sexual abuse recovery services as well as offering a reflective space.

Requests for advice and guidance and invitations to strategy meetings can be made directly to the Sunrise Hub Team via - bartshealth.sunrisehub@nhs.net

Management of suspected sexual abuse Health Pathway

Acute: Alleged abuse/assault within the last 7 days

Contact the Havens for advice if there is any uncertainty. The Havens team are available to provide advice 24/7. Consider referral for assessment if the CYP is unsure if there was an assault or not for example intoxicated with associated loss of consciousness and circumstances that might suggest a possible assault.

For children up to their 13th birthday

Police must be notified of all alleged assaults in children up to their 13th birthday. The Havens will only accept referrals from Police for forensic medical assessments in this age group.

Do not assume the police have already done a Haven's referral – please gently prompt them to do this

For children over 13 years

Encourage the young person to consent to a referral to the Police. If the young person does not want Police involvement but consents to a medical assessment a referral can be made to the Havens by either the doctor, social worker or patient themselves. Referral must be made to MASH as well.

For all children: consider the need for the following (particularly if not being seen immediately at the Havens or if declines medical assessment): emergency oral contraception, post exposure prophylaxis for HIV and Hep B vaccination, treatment for any symptomatic STI – This care can be provided in ED, sexual health clinics or by a GP.

Acute: Alleged abuse/assault outside of the 7 days or not seen by the Havens

Most children can be referred to the **Sunrise Hub** for a non-urgent assessment. If there is any uncertainty, contact the Havens for advice as needed, or email the Sunrise Hub for a non-urgent reply from the team. bartshealth.sunrisehub@nhs.net (Mon-Fri, 9am-5pm)

For all children: consider the need for the following (particularly if not being seen immediately at the Havens or if declines medical assessment): emergency oral contraception, post exposure prophylaxis for HIV and Hep B vaccination, treatment for any symptomatic STI – This care can be provided in ED, sexual health clinics or by a GP.

Non-acute abuse / assault

Referrals to the Sunrise Hub (for health and/or emotional wellbeing support) for non-recent sexual abuse/assault are accepted from the relevant Local Authority Children's Social Care, Police, or Healthcare Professionals. The referrer holds responsibility for referring to children's social care and ensuring safeguarding procedures are followed. The Sunrise Hub will always liaise with the relevant Local Authority to ensure Safeguarding procedures have been followed. **Consent for referral must always be obtained from the CYP and their carer / parent (unless CYP Gillick competent and do not want parent informed).**

If there is any uncertainty regarding the referral and advice is needed, please contact the Sunrise Hub bartshealth.sunrisehub@nhs.net

*Please note referrals not accepted by the Havens or outside any of the stated timelines should be at least discussed with the Sunrise Hub team to advise on next steps.