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The Lighthouse: Transforming Experiences of Integrated and Holistic Support Following Child Sexual Abuse

Picker Experience Network Awards

The Lighthouse, London's Child House,
UCLH NHS Foundation Trust



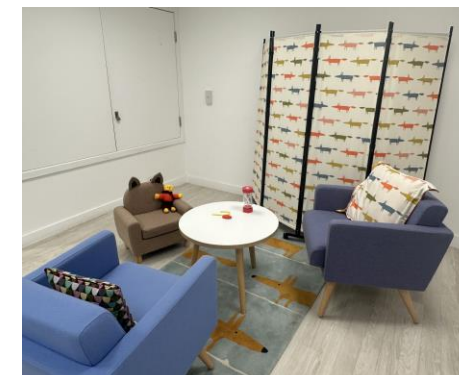
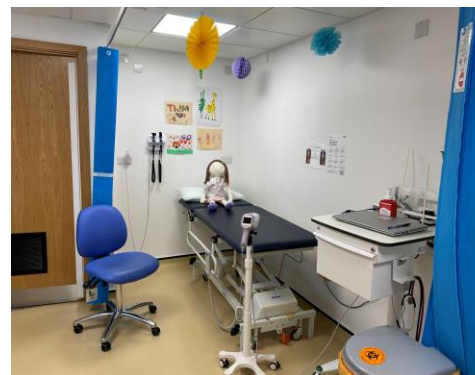
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The Lighthouse: The UK's First Child House

- Established in 2018, based on the internationally recognised Barnahus model following a review into services for Child Sexual Abuse in London (Goddard, Harewood & Brennan, 2015)
- Offering coordinated, trauma-informed support from one multidisciplinary team.

Who We Support:

- Children and young people aged 0-18 years
- Young adults aged 18-25 with learning disabilities or developmental delay where appropriate
- Parents, carers and families
- CYP in five North Central London boroughs: Barnet, Camden, Enfield, Haringey, Islington



Goddard, A., Harewood, E. and Brennan, L. (2015) Review of the pathway following sexual assault for children and young people in London. London: NHS England (London Region), The Havens, King's College Hospital



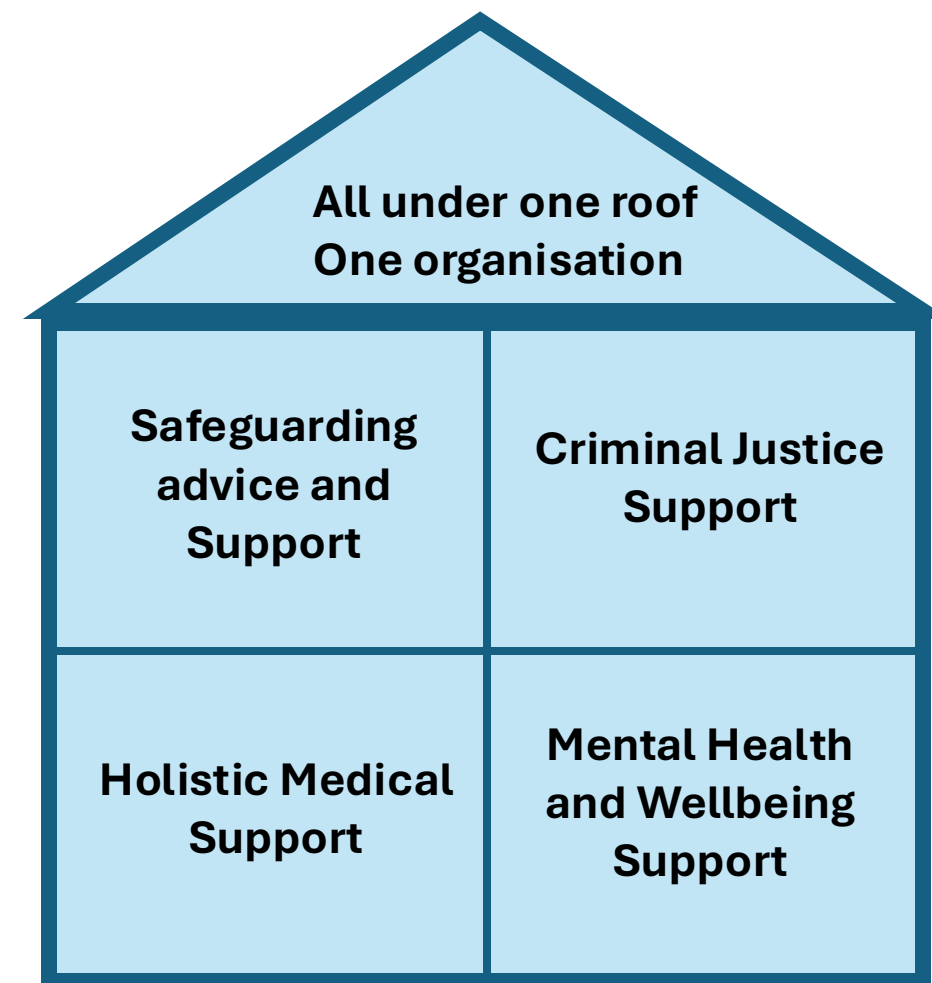
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What Makes the Model Different?

Single Point of Access for Safeguarding + Health + Mental Health + Advocacy + Criminal Justice Support – bringing the services under one roof for children and families

- Health assessments and medical examinations
- Psychological and therapeutic support
- Child and family practitioners
- Independent sexual violence advisors
- Video Recorded Interviews
- Court evidence and remote hearings
- Sexual health follow-up
- Consultation for community professionals

Aiming to break down traditional barriers between health, safeguarding and justice systems.





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Multi-Agency Leadership and Partnership

The Lighthouse is built on partnership both with other organisations as well as young people and families.

Key Partners

UCLH NHS Foundation Trust
North Central London ICB
Children's Social Care
NSPCC

NHS England
Metropolitan Police
Judiciary and Courts
Barnahus Network

Strong and Shared Governance

Lighthouse Board oversight
Multidisciplinary leadership
Professional advisory Group

Shared accountability
Continuous quality improvement

Co-produced Approach

Children, young people, families and staff shape service development



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Impact locally and beyond

Since opening re opening as a substantively funded service in 2022 (after a successful 4-year pilot) , the Lighthouse has supported more than 2,000 children and families.

We have:

- Enabled access to specialist mental health support for over 80% of children
- Delivered more than 200 video-recorded interviews
- Provided over 50 pre-recorded evidence and remote court sessions
- Identified unmet health needs in +80% of the children seen
- Generated an estimated £3 of future savings for every £1 invested

These figures demonstrate impact not only for children and families, but for the wider health, social care and justice systems.

In 2025, the UK Government announcement of a national Child House rollout across England.



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Experience of Children and Families

In an evaluation with 441 young people accessing the service between March 2023 and March 2026, 99% said they:

- were treated with kindness and respect
- felt listened to and taken seriously
- felt safe and comfortable
- received high-quality care
- benefited from joined-up support without having to repeat their story

"I didn't have to keep repeating our story."
"Everyone worked together."
"We felt safe and supported."

Outcomes following treatment indicate:

- 93% of young people had progressed towards their goals
- 84% had improved emotional wellbeing
- 64% reported reduced anxiety and depression
- 73% experienced less trauma symptoms
- 86% of parents having reduced feelings of isolation

Creating Lasting Change



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- The Lighthouse demonstrates what is possible when services come together around the needs of children and families.
- By bringing health, justice, social care and therapeutic support together in one place, we have reduced re-traumatisation, improved access to support, strengthened access to justice, and improved experiences and outcomes for children and young people.
- What began as a local service has become a sustainable, trauma-informed model that is helping to influence policy, practice and the wider development of Child House services across England.
- Most importantly, children and families tell us they feel heard, supported and treated with kindness during one of the most difficult periods of their lives.