

Barnardo's TIGER Service, London

Information for Commissioners



WORKING WITH CHILDHOOD TRAUMA IN A CONTEXTUAL SAFEGUARDING FRAMEWORK

Barnardo's evidence and trauma-informed and evaluated approach to: • **child sexual abuse** • **child exploitation**
• **harmful sexual behaviours** • **youth violence** •

Spot and block purchase options | Training for staff
School and group work | Parent and carer support

Delivered in

24

London Boroughs
since 2017

TIGER

Trauma Informed Growth and Empowered Recovery

Believe in
children
 Barnardo's

What is TIGER?

TIGER stands for **T**rauma **I**nformed **G**rowth and **E**mpowered **R**ecovery. The service works with children and young people (CYP) up to the age of 18 or 21 with SEN, and their families who have experienced childhood trauma such as:

- Child sexual abuse (CSA);
- Child sexual exploitation (CSE);
- Child exploitation;
- Assault;
- Harmful sexual behaviours;
- Exposure to violence.

The approach builds on the expertise Barnardo's has developed over the last 28 years to improve the lives of sexually exploited children.

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Background

TIGER started in 2017 as a pilot programme tackling CSE in Hammersmith and Fulham. Following its success, it has grown into a full suite of services that have been **delivered in 24 of the 33 London Boroughs** in just three years and **helped 699 children, young people and care-givers to date.**

How we work

The foundation of TIGER draws on the work of Stevan Hobfoll et al, (2007) and is built around a framework of six pillars:

1. Engagement
2. Promote a sense of safety
3. Promote calming
4. Promote sense of self–and efficacy
5. Promote connectedness
6. Promote hope

Building around the strengths and needs of the child, young person and family, we create a bespoke trauma-informed support package.

Find out more about  [TIGER approach and outcomes](#)

Commissioning Barnardo's TIGER Service

Barnardo's has been commissioned to provide TIGER support in 24 of the 33 London boroughs to date.

Each piece of work is dependent on the referral we receive and the needs of the CYP. We work closely with the family and professionals to create a bespoke intervention, starting with an assessment.

We work flexibly with Local Authorities and CCG's to:

- **Tailor a TIGER package** to suit your needs;
- **Integrate TIGER** into your existing systems;
- **Add value and maximise capacity.**

We offer:

- **Support sessions** with expert practitioners for children, young people and safe care-givers;
- **Consultation** regarding individual cases;
- **Training** for professionals;
- **School and group work** for children, young people and care-givers;
- Opportunities for young people to get involved in **Voice and Influence** activities inside and outside Barnardo's;
- **1-2-1 support** from a **Barnardo's Volunteer Buddy.**

We've developed a simple [pricing model](#), that makes it easy to **spot or block purchase support** with our highly trained, expert practitioners and add support as needed.

Training

Our specialist practitioners deliver training programmes to upskill your staff teams, developing knowledge on specific topics such as professional boundaries, safeguarding, risk assessment, volunteer support, and equality, diversity and inclusion.

We also offer **free training and Toolkits via our [Nightwatch programme](#)**, which teaches anyone working in the evenings or through the night, such as hotel, bar staff and taxi drivers, to spot the signs of child exploitation, including sexual exploitation.



School and group work

- Early intervention model
- Targeted group work
- Dropdown days
- Exploration of topics including healthy relationships, identity, self esteem and understanding the signs of CSE

Work with parents and safe care givers

Our work with parents and safe care givers compliments the work we do with CYP.

We provide:

- Tailored one-to-one sessions and support
 - Help for parents and carers to build understanding of abuse and exploitation
 - Help to improve communication with CYP
 - Help to protect CYP from future harm
 - Onward referral to further specialist support, if required.
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Our work and Impact

243 children and young people accessed TIGER services between April 2019 and March 2020:

Where we've worked (2017 – to date)



“We have been very impressed with how quickly Barnardo’s developed the TIGER service, establishing pathways and referrals across all seven boroughs within a few weeks of mobilising the contract. The service has exceeded expected targets resulting in increased funding in 2019/20.”

During the COVID lockdown the TIGER team developed innovative ways of providing the service in order to meet the needs of young people, which we are planning to build on in the future.”

Siobhan Hawthorne, Senior Commissioning Manager Maternity and Child Health, Waltham Forest and East London (WEL) CCG.

TIGER services delivered for WEL CCG from 2018 for young people who have experienced ‘historic’ CSA.

Outcomes: April 2019 – March 2020

The following statistics show the percentage of service users that had improved or maintained assessment scores by the end of our intervention.



91%

improved mental health & well-being & are emotionally healthy



94%

able to identify strategies to keep safe from maltreatment, neglect, violence and sexual exploitation



86%

reduction in abusive or harmful sexual behaviours



90%

able to develop healthy, trusting relationships

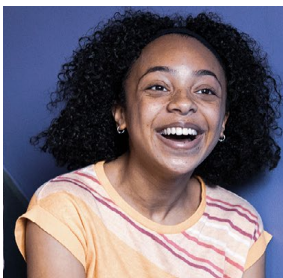


91%

reduction in the impact of trauma

Nightwatch

Nightwatch: training for night time economy workers to spot the signs of and help prevent child exploitation, including sexual exploitation: **Over 1,000 participants have benefited from training between 2018 and 2020.**



“(TIGER) helped me to be more confident in myself and know more about relationships and consent. It’s also helped my school life.”

Take a look at our TIGER [case studies](#)

TIGER Pricing Plans

Our work always starts with a TIGER assessment and bespoke package of support that is designed and adapted to fit the CYP needs, based on the assessment recommendations.

Read about [How we work and our Intervention Themes](#).

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Block purchase

This is where we enter a contract that is for agreed hours, embedding a TIGER Practitioner into your team/organisation. Barnardo's will retain all responsibility for the employment

of the worker and oversight of their work and case recordings; casework will be allocated jointly in accordance with worker capacity and case priority.

One FTE TIGER Practitioner (37 hours) will be able to deliver TIGER support to between 18 to 30 (dependent on case complexity and required length of support) children, young people and caregivers per annum. **Cost: £55,000.00**

We can also discuss variants of the above such as daily or part-time rates for TIGER Practitioners' work.

Spot purchase

Spot purchase is the procurement of single pieces of support work for an individual young person. They are limited by number of sessions delivered. All spot purchase work that is completed

will include a final report about the work undertaken with any recommendations by TIGER for any outstanding support needs of that individual.

A 12-week support package for one young person is **£1,398**

Additional weeks of support can be procured in six or 12 week blocks at £699/£1398 respectively.

Group-work in school and community settings

We can deliver targeted and tailored small group work sessions in schools and youth work settings, for up to six young people, to explore topics such as consent, values, identity,

understanding trauma, fostering positive socialisation with peers and safety. Sessions will be for 45 minutes to one hour a week for a minimum of five weeks and up to 10 weeks in duration.

Cost for a five week group work programme: **£450**

Training

Our experienced and dedicated staff are able to deliver bespoke training for your teams of staff and volunteers around the following topics:

- Exploring ways to support children and young people who have experienced childhood trauma;
- Understanding exploitation of under 18 year olds;
- Understanding harmful sexual behaviour in children;
- Safety and risk planning;
- Understanding child sexual abuse.

Contact us

To discuss working with us and request a quote for training, please get in touch:

T: **07743 600 819**

E: **tigerservices@barnardos.org.uk**