

the lighthouse

Guidance and support for children

A guide for children
If someone has hurt you, shown you something or made you do something with your body that made you feel upset, it can be hard to talk about. But it's never your fault. At The Lighthouse we can help you.

What is The Lighthouse?

The Lighthouse is a safe space for you to tell someone about what happened to you. If you are feeling frightened or alone, The Lighthouse team will be here to help. You can take things at your own pace, and you decide what you would like to talk about.

What happens at The Lighthouse?

Meeting your advocate

You will meet a friendly person called an advocate whose job is to help you during your time at The Lighthouse.

Making you feel comfortable

If you need to see a doctor or a nurse, don't worry, someone called a play specialist will help you feel comfortable. They'll have different things like toys and art materials for you to use. And it's your choice if you see the doctor or nurse by yourself, with your parent or carer, or another adult you trust.

Gathering information for court

When you're ready to say more about what happened to you, someone will listen to you talk. This will help us get ready, if your case goes to court. Police officers and social workers will also be on hand if you and your family need them.

Helping you feel better

Children have told us that talking to someone they trust can really help them feel better. At The Lighthouse you can speak with someone who specialises in listening to children who have been hurt. They will get to know you, listen to you and be there for you every step of the way.



Your Lighthouse advocate is:



Find out more at

www.uclh.nhs.uk/thelighthouse

Call us on

0808 169 8112

Opening hours

Monday to Saturday: 10am – 8pm

Sunday: 10am – 1pm

All services are available by a booked appointment.

**The Lighthouse is for children in Barnet, Camden,
Enfield, Haringey and Islington.**