Script video 5: THE DARK REALITY OF MODERN SLAVERY from BBC News with Jenny Hills.

She came to England, she thought, to stay with relatives. Instead, Sarah was imprisoned, beaten and forced to work 17 hours a day as an unpaid servant. She was 15.

"It was like hell really. Everyday was the same. I was cleaning, and a glass broke. I was wearing pyjamas and it was winter and snowing outside. She punished me outside in the garden while it was snowing. I wasn't wearing any shoes from 9 in the morning to the next day. I couldn't come inside the house. I wanted to run but I didn't know where to go. My English wasn't good".

In what is described as a modern day slave trade, these women are a vulnerable commodity.

We met them in this safe house run by a charity. They're safe now from the criminals who tricked them into coming to the U.K. and force them into prostitution and domestic servitude. This young woman told us she thought she'd never escape.

"I was really, really scared". I have my independence, my freedom, I'm happy and there's someone to help me when I need it, someone I can talk to".

It's just an ordinary house in an ordinary street. We can't of course tell you where, but safe houses like this one have helped hundreds of people over the last 3 years. They're the lucky ones. It is estimated that there are well over 4 000 slaves in the U.K., yet in 2012, there were just 34 convictions for human trafficking in England and Wales. The government plans to appoint an anti-slavery commissioner to help tackle the problem and increase prison sentences for human traffickers.

(Ann Read, Salvation Army) "The more people are convicted for the crime of trafficking, the stronger the message will be that this country is hostile to traffickers. And I think it will be more likely that people, who are considering whether this was a crime that they think they can get away with, will think again.

Sarah endured two years of abuse and deprivation, and she's making plans for the future but knows that behind closed doors, the trade which exploited her is exploiting others.