

**Types of Abuse**

What is abuse??

Abuse and neglect are forms of maltreatment of a child. Somebody may abuse or neglect a child either directly by inflicting harm, or indirectly, by failing to act to prevent harm.

Children may be abused in a family or in an institutional or community setting; by those known to them; or, more rarely, by a stranger. They may be abused by an adult or adults, or another child or children.

In this document you will find an explanation of all types of abuse and neglect and what different signs and symptoms to look for including the physical harms of each abuse and the emotional harms that may be caused by each type of abuse.

The factors described in this document are frequently found in cases of child abuse. Their presence is not proof that abuse has occurred, but:

* Must be regarded as indicators of possible significant harm
* Justify the need for careful assessment and discussion with the DSL/lead person, manager, (or in the absence of all those individuals, an experienced colleague)
* May require consultation with and/or referral to Children’s Social Care/CAAS.

Generally, in an abusive relationship the child may:

* Appear frightened of the parent/s or other household members e.g. siblings or others outside of the home
* Act in a way that is inappropriate to her/his age and development (although full account needs to be taken of different patterns of development and different ethnic groups).

Staff should be aware of the potential risk to children when individuals, previously known or suspected to have abused children, move into or have contact with the household.

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Physical abuse

Important indicators of physical abuse are bruises or injuries that are either unexplained or inconsistent with the explanation given, or visible on the ‘soft’ parts of the body where accidental injuries are unlikely, e g, cheeks, abdomen, back and buttocks. A delay in seeking medical treatment when it is obviously necessary is also a cause for concern, although this can be more complicated with burns, as these are often delayed in presentation due to blistering taking place sometime later.

Physical abuse may involve

* Shaking
* Throwing
* Poisoning
* Burning or Scalding
* Drowning
* Suffocating
* Hitting
* Otherwise causing physical harm to a child
* Fabricates the symptoms of, or deliberately induces, illness in a child

The physical signs of abuse may include:

* unexplained bruising
* marks or injuries on any part of the body
* multiple bruises- in clusters, often on the upper arm, outside of the thigh
* cigarette burns
* human bite marks
* broken bones
* scalds, with upward splash marks,
* Multiple burns with a clearly demarcated edge.
* Changes in behaviour that can also indicate physical abuse:
* fear of parents being approached for an explanation
* aggressive behaviour or severe temper outbursts
* flinching when approached or touched
* reluctance to get changed, for example in hot weather
* depression
* withdrawn behaviour
* Running away from home.

Emotional Abuse

Emotional abuse is the persistent emotional maltreatment of a child such as to cause severe and persistent adverse effects on the child’s emotional development.

It may involve conveying to children that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person. It may include not giving the child opportunities to express their views, deliberately silencing them or ‘making fun’ of what they say or how they communicate. It may feature age or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond the child’s developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction. It may involve seeing or hearing the ill-treatment of another. It may involve serious bullying (including cyberbullying), causing children frequently to feel frightened or in danger, or the exploitation or corruption of children. Some level of emotional abuse is involved in all types of maltreatment of a child, though it may occur alone.

Emotional abuse can be difficult to measure, as there are often no outward physical signs.

There may be a developmental delay due to a failure to thrive and grow, although this will usually only be evident if the child puts on weight in other circumstances, for example when hospitalised or away from their parents’ care. Even so, children who appear well-cared for may nevertheless be emotionally abused by being taunted, put down or belittled. They may receive little or no love, affection or attention from their parents or carers. Emotional abuse can also take the form of children not being allowed to mix or play with other children.

Changes in behaviour which can indicate emotional abuse include:

* Neurotic behaviour e.g. sulking, hair twisting, rocking
* Being unable to play
* Fear of making mistakes
* Sudden speech disorders
* Self-harm
* Fear of parent being approached regarding their behaviour
* Developmental delay in terms of emotional progress

Emotional abuse may be difficult to recognise, as the signs are usually behavioural rather than physical. Manifestations of emotional abuse may also indicate the presence of other kinds of abuse. The indicators of emotional abuse are often also associated with other forms of abuse. Recognition of emotional abuse is usually based on observations over time and the following offers some associated indicators.

Parent / carer & child relationship factors

* Abnormal attachment between a child and parent/carer e.g. anxious, insecure or avoidant, indiscriminate or no attachment
* Indiscriminate attachment or failure to attach
* Conveying to children they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person e.g. persistent negative comments about the child or ‘scape-goating’ within the family
* Developmentally inappropriate or inconsistent expectations of the child which is outside what is considered reasonable and acceptable cultural/legal norms e.g. over-protection, limited exploration and learning, interactions beyond the child’s developmental capability, prevention of normal social interaction
* Causing children to feel frightened or in danger e.g. witnessing domestic violence, seeing or hearing the ill treatment of another.

Child presentation concerns

* Behavioural problems e.g. aggression, attention seeking, hyperactivity, poor attention
* Frozen watchfulness, particularly in pre-school children
* Low self-esteem, lack of confidence, fearful, distressed, anxious
* Poor peer relationships including withdrawn or isolated behaviour.

Parent/carer related issues

* Dysfunctional family relationships including domestic violence
* Parental problems that may lead to lack of awareness of child’s needs e.g. mental illness, substance misuse, learning difficulties
* Parent or carer emotionally or psychologically distant from child.

Sexual Abuse

Adults who use children to meet their own sexual needs abuse both girls and boys of all ages, including infants and toddlers. Usually, in cases of sexual abuse it is the child’s behaviour that may cause you to become concerned, although physical signs can also be present. In all cases, children who tell about sexual abuse do so because they want it to stop. It is important, therefore, that they are listened to and taken seriously. It is also important to remember that it not just adult men who sexually abuse children – there are increasing numbers of allegations of sexual abuse of children against women and sexual abuse can also be perpetrated by other children or young people.

Sexual abuse involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening.

Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.

The activities may involve

* Physical contact, including assault by penetration (for example, rape or oral sex)
* Non-penetrative acts such as masturbation
* Kissing
* Rubbing and touching outside of clothing

They may also include non-contact activities, such as children

* Looking at, or in the production of, sexual images
* Watching sexual activities
* Encouraging children to behave in sexually inappropriate ways
* Grooming a child in preparation for abuse (including via the internet)

Changes in behaviour can indicate sexual abuse include:

* Sudden or unexplained changes in behaviour e.g. becoming aggressive or withdrawn
* Fear of being left with a specific person or group of people
* Having nightmares
* Running away from home
* Sexual knowledge which is beyond their age, or developmental level
* Sexual drawings or language
* Bedwetting
* Saying they have secrets they cannot tell anyone about
* Substance or drug abuse
* Suddenly having unexplained sources of money
* Not allowed to have friends (particularly in adolescence)
* Acting in a sexually explicit way towards adults
* Continual and inappropriate or excessive masturbation
* Self-harm (including eating disorder), self mutilation and suicide attempts
* Involvement in prostitution or indiscriminate choice of sexual partners
* An anxious unwillingness to remove clothes for sports events (but this may be related to cultural norms or physical difficulties)
* Running away.

The physical signs of sexual abuse may include:

* Pain or itching in the genital area
* Bruising or bleeding near genital area
* Sexually transmitted disease
* Vaginal discharge or infection
* Stomach pains
* Discomfort when walking or sitting down
* Pregnancy

Factors of Sexual Abuse

* Boys and girls of all ages may be sexually abused and are frequently too scared to say anything due to guilt and/or fear. The child may fear s/he will not be believed and/or fear repercussions due to possible threats that may have been made
* This form of abuse is particularly difficult for a child to talk about and full account should be taken of cultural sensitivities of individual child / family
* Recognition of sexual abuse can be difficult, unless the child tells others of the abuse, their account is believed and the suspected abuse referred to Children’s Social Care and/or the police. There may be no physical signs and indications of sexual abuse are most likely to be emotional/behavioural.

Neglect

Neglect can be a difficult form of abuse to recognise yet have some of the most lasting and damaging effects on children.

Neglect is the persistent failure to meet a child’s basic physical and/or psychological needs, likely to result in the serious impairmentof the child’s health or development. Neglect may occur during pregnancy as a result of maternal substance abuse.

Neglect may involve a parent or carer failing to:

* Protect a child from physical and emotional harm or danger
* Ensure adequate supervision (including the use of inadequate care-givers)
* It may also include neglect of, or unresponsiveness to, a child’s basic emotional needs.

Evidence of neglect is built up over a period of time and can cover different aspects of parenting e.g. neglect of the child’s physical needs possibly causing non-organic failure to thrive; neglect of the child’s developmental emotional needs which may contribute to cognitive delay; neglect of the child’s emotional needs resulting in behavioural markers.

Child related indicators

* Non–organic failure to thrive/faltering growth
* Delay in achieving developmental, cognitive and /or other educational milestones
* A child who is unkempt or inadequately clothed or dirty or smells
* A child who is perceived to be frequently hungry, scavenging
* Behavioural signs may include a child seen to be listless, apathetic and unresponsive with no apparent medical cause, anxious attachment, aggression, indiscriminate friendliness
* Failure of child to grow or develop within normal expected pattern, with accompanying weight loss or speech language delay
* Recurrent /untreated infections or skin conditions e.g. severe nappy rash, eczema or persistent head lice/scabies
* Unmanaged /untreated health/medical conditions including poor dental health
* Frequent accidents or injuries
* Inappropriate clothing for the conditions
* Child frequently absent or late at school
* Sudden changes in behaviour or in school performance
* Poor self esteem
* Child thrives away from home environment.

Indicators in the care provided

* Failure by parents or carers to meet the basic essential needs e.g. adequate food, clothes, warmth, hygiene
* Failure by parents or carers to meet the child’s health and medical needs e.g. poor dental health; failure to attend or keep appointments with health visitor, GP or hospital; lack of GP registration; failure to seek or comply with appropriate medical treatment; failure to address parental substance misuse during pregnancy
* A dangerous or hazardous home environment including failure to use home safety equipment; risk from animals
* poor state of home environment e.g. unhygienic facilities, lack of appropriate sleeping arrangements, inadequate ventilation (including passive smoking) and lack of adequate heating
* Lack of opportunities for child to play and learn
* Child left with adults who are intoxicated or violent
* Child abandoned or left alone for excessive periods.

Child Sexual Exploitation (CSE)

Child sexual exploitation is a form of sexual abuse where children are sexually exploited for money, power or status. It can involve violent, humiliating and degrading sexual assaults. In some cases, young people are persuaded or forced into exchanging sexual activity for money, drugs, gifts, affection or status. Consent cannot be given, even where a child may believe they are voluntarily engaging in sexual activity with the person who is exploiting them. Child sexual exploitation does not always involve physical contact and can happen online. A significant number of children who are victims of sexual exploitation go missing from home, care and education at some point.

The offender is normally outside of the home or family, children form all kinds of backgrounds and communities are equally as vulnerable by virtue of their age. It can happen to any age of child mainly ranging from 4 to 19, boys and young men are also sexually exploited, sexual exploitation of any child under the age of 18 is child abuse.

Grooming refers to actions deliberately aimed at establishing an emotional connection and trust with the child or young person in order to increase the likelihood in them engaging in sexual behaviour and exploitation. Types of grooming include the boyfriend model, the party model, the gangs and groups model, online, peer model.

Signs to look for:

* Truanting form school
* Erratic and aggressive behaviour
* Change in appearance
* Secretive and increased use of mobile phone
* Sudden involvement in crimes
* Staying out all night
* Unexplained gifts or new possessions
* Sexual problems such as STD or Pregnancy
* Associating with other young people involved in exploitation
* Having older boyfriends or girlfriends
* Changes in emotional well-being;
* Misuse of drugs and alcohol;
* Going missing for periods of time or regularly coming home late

We can try and prevent this happening to any children in our care by:

* Passing on any possible sources to the police
* Listen to the children
* Set boundaries for online use

Parents can also:

* Keep up to date with your child’s friends
* Keep up to date with the online world
* Talk openly about healthy relationships

Any information about CSE must be referred to:

* Refer to police
* Social care
* Local safeguarding children’s board

More information can be found:

* PACEuk.info
* [www.safegaurdingchildreneu.co.uk](http://www.safegaurdingchildreneu.co.uk)

Child Criminal Exploitation, Serious Violence, and Gang Related Activity

Children who are at risk of criminal exploitation or serious violence may display the following indicators:

* Children who have increased absence from school
* Children who go missing
* Children who have a change in friendships
* Children who have friendships with older individuals or groups
* Children who have unexplained gifts or money
* Children who’s wellbeing declines
* Children who are withdrawn from family
* Sudden loss of interest in school or change in behaviour
* Decline in attendance or academic achievement (although it should be noted that some gang members will maintain a good attendance record to avoid coming to notice)
* Being emotionally 'switched off', but also containing frustration / rage
* Starting to use new or unknown slang words
* Staying out unusually late without reason, or breaking parental rules consistently
* Sudden change in appearance - dressing in a particular style or 'uniform' similar to that of other young people they hang around with, including a particular colour
* Dropping out of positive activities
* New nickname
* Unexplained physical injuries, and/or refusal to seek / receive medical treatment for injuries
* Graffiti style 'tags' on possessions, school books, walls
* Constantly talking about another young person who seems to have a lot of influence over them
* Breaking off with old friends and hanging around with one group of people
* Associating with known or suspected gang members, closeness to siblings or adults in the family who are gang members
* Starting to adopt certain codes of group behaviour e.g. ways of talking and hand signs
* Being found by Police in towns or cities many miles from their home
* Expressing aggressive or intimidating views towards other groups of young people, some of whom may have been friends in the past
* Being scared when entering certain areas
* Concerned by the presence of unknown youths in their neighbourhoods

An important feature of gang involvement is that, the more heavily a child is involved with a gang, the less likely they are to talk about it.

There are links between gang-involvement, criminal exploitation and young people going missing from home or care. Some of the factors which can draw gang-involved young people away from home or care into going missing are linked to their involvement in carrying out drugs along county lines. There may be gang-associated child sexual exploitation and relationships which can be strong pull factors for girls who go missing.

Advice for staff is available in the Home Office Guidance Preventing Youth Violence and Gang Involvement and Criminal exploitation of children and vulnerable adults: county lines guidance.

So called ‘Honour Based’ Violence

So called ‘honour-based’ violence (HBV) encompasses crimes which have been committed to protect or defend the honour of the family and/or the community, including Female Genital Mutilation (FGM), forced marriage, and practices such as breast ironing. All forms of so called HBV are abuse (regardless of the motivation) and should be handled and escalated as such. If in any doubts staff should speak to the designated safeguarding lead. Professionals in all agencies, and individuals and groups in relevant communities, need to be alert to the possibility of a child being at risk of HBV, or already having suffered HBV.

If staff have a concern regarding a child that might be at risk of HBV they should activate local safeguarding procedures, using existing national and local protocols for multi-agency liaison with police and children’s social care.

**Female genital mutilation (FGM) (sometimes referred to as female circumcision female genital cutting) refers to procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons. The practice is illegal within the UK and to preform FGM on any UK resident outside of the UK is also illegal.**

**This may happen because of tradition within communities and religions, women are led to believe it is right of passage, it upholds the family honor, it cleanses and purifies the girl.** FGM is carried out on a range of ages from newborn to adolescence (13-19 years) or before marriage and even during pregnancy. FGM is often carried out by the grandmother of the child or even an aunt.

**There are four types of FGM these are:**

* **Clitoridectomy where all of partial part of the clitoris is removed**
* Excision partial or complete removal of clitoris and labia minora
* Infibulation narrowing of the virginal opening through the creation of a covering
* Other procedures include, stretching, pricking piercing, pulling and scrapping

FGM has many health consequences both long and short term including:

* Difficulty walking or standing
* Spending longer in the bathroom or toilet
* Lengthy absence from class
* Noticeable behaviour changes
* Infection such as HIV
* Post-traumatic stress disorder
* Server pain and shock
* Infertility and mensuration obstruction
* Painful intercourse
* Substance misuse
* Difficulty with childbirth
* Depression
* Death

For any help or advise you can contact the FGM helpline: 08000283550

Where FGM has taken place, since 31 October 2015 there has been a mandatory reporting duty placed on teachers that requires a different approach (see following section).

Female Genital Mutilation (FGM) mandatory reporting duty

Section 5B of the Female Genital Mutilation Act 2003 (as inserted by section 74 of the Serious Crime Act 2015) places a statutory duty upon teachers along with regulated health and social care professionals in England and Wales, to report to the police where they discover (either through disclosure by the victim or visual evidence) that FGM appears to have been carried out on a girl under 18. Those failing to report such cases will face disciplinary sanctions. It will be rare for teachers to see visual evidence, and they should not be examining pupils, but the same definition of what is meant by “to discover that an act of FGM appears to have been carried out” is used for all professionals to whom this mandatory reporting duty applies. Information on when and how to make a report can be found at Mandatory reporting of female genital mutilation procedural information.

Teachers must personally report to the police cases where they discover that an act of FGM appears to have been carried out. FGM Fact Sheet. Unless the teacher has a good reason not to, they should also still consider and discuss any such case with the school or college’s designated safeguarding lead and involve children’s social care as appropriate. The duty does not apply in relation to at risk or suspected cases (i.e. where the teacher does not discover that an act of FGM appears to have been carried out, either through disclosure by the victim or visual evidence) or in cases where the woman is 18 or over. In these cases, teachers should follow local safeguarding procedures. The following is a useful summary of the FGM mandatory reporting duty: FGM Fact Sheet. Further details can be found in Annex A, KCSIE, Sept 2019.

Forced marriage

Forcing a person into a marriage is a crime in England and Wales. A forced marriage is one entered into without the full and free consent of one or both parties and where violence, threats or any other form of coercion is used to cause a person to enter into a marriage. Threats can be physical or emotional and psychological. A lack of full and free consent can be where a person does not consent or where they cannot consent (if they have learning disabilities, for example). Nevertheless, some communities use religion and culture as a way to coerce a person into marriage. Schools and colleges can play an important role in safeguarding children from forced marriage.

For advice or information. Contact: 020 7008 0151 or email: [fmu@fco.gov.uk](mailto:fmu@fco.gov.uk).

Preventing Radicalisation

Protecting children from the risk of radicalisation should be seen as part of our safeguarding duties, and is similar in nature to protecting children from other forms of harm and abuse. As with other safeguarding risks, staff should be alert to changes in children’s behaviour which could indicate that they may be in need of help or protection. Staff should use their judgement in identifying children who might be at risk of radicalisation and act proportionately which may include making a referral to the Channel programme.

Prevent

From 1 July 2015 all settings are subject to a duty under section 26 of the Counter-Terrorism and Security Act 2015 (“the CTSA 2015”), in the exercise of their functions, to have “due regard to the need to prevent people from being drawn into terrorism”.

This duty is known as the Prevent duty. It applies to a wide range of public-facing bodies. Bodies to which the duty applies must have regard to statutory guidance issued under section 29 of the CTSA 2015. Paragraphs 57-76 of The Statutory Revised Prevent duty guidance: for England and Wales are specifically concerned with schools (but also cover childcare). Please refer to this document for further guidance on the following four general themes:

* Childcare settings are expected to assess the risk of children being drawn into terrorism, including support for extremist ideas that are part of terrorist ideology. Settings should have clear procedures in place for protecting children at risk of radicalisation. It is not necessary for settings to have distinct policies on implementing the Prevent duty.
* The Prevent duty builds on existing local partnership arrangements. For example, the policies and procedures of the Local Safeguarding Children Board.
* Settings should also discuss any concerns in relation to possible radicalisation with a child’s parents in line with the individual setting’s safeguarding policies and procedures unless they have specific reason to believe that to do so would put the child at risk.
* The Prevent guidance refers to the importance of Prevent awareness training to equip staff to identify children at risk of being drawn into terrorism and to challenge extremist ideas. Individual settings are best placed to assess the training needs of staff in the light of their assessment of the risk to pupils at the school of being drawn into terrorism.
* Settings must ensure that children are safe from terrorist and extremist material when accessing the internet in the setting.

There is additional guidance: Prevent duty guidance: for further education institutions in England and Wales that applies to colleges.

For more information on how to report Prevent concerns please see The Prevent Duty Policy (Appendix 3).

Peer-on-peer abuse

Children are vulnerable to abuse by their peers. Peer-on-peer abuse is taken seriously by staff and will be subject to the same child protection procedures as other forms of abuse. Staff are aware of the potential uses of information technology for bullying and abusive behaviour between young people.

Staff will not dismiss abusive behaviour as normal between young people. The presence of one or more of the following in relationships between children should always trigger concern about the possibility of peer-on-peer abuse:

* Sexual activity (in primary school-aged children) of any kind, including sexting
* One of the children is significantly more dominant than the other (e.g. much older)
* One of the children is significantly more vulnerable than the other (e.g. in terms of disability, confidence, physical strength)
* There has been some use of threats, bribes or coercion to ensure compliance or secrecy.

Peer on Peer Abuse could include:

* Bullying (including cyber bulling)
* Physical abuse such as hitting, shaking, kicking, biting, hair pulling, or otherwise causing physical harm.
* Sexual violence such as rape, assault by penetration, sexual assault.
* Sexual harassment such as sexual comments, remarks, jokes, online sexual harassment, which may be stand alone or part of a wider pattern of abuse.
* Upskirting which involves taking a picture under a person’s clothes without their consent with the intention of viewing their genitals or buttocks to gain sexual gratification or to cause the victim humiliation, distress or alarm. Upskirting is a criminal offence under The Voyeurism Act(2019)

Bullying and cyberbullying

Bullying and cyberbullying can happen to any child. We've got advice to help keep children safe from bullying, wherever it happens. Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

Bullying can take different forms. It could include:

* physical bullying: hitting, slapping or pushing someone
* verbal bullying: name calling, gossiping or threatening someone
* non-verbal abuse: hand signs or text messages
* emotional abuse: threatening, intimidating or humiliating someone
* exclusion: ignoring or isolating someone
* undermining, constant criticism or spreading rumours
* controlling or manipulating someone
* making silent, hoax or abusive calls
* racial, sexual or homophobic bullying
* bullying someone because they have a disability.

Cyberbullying is bullying that takes place online. Unlike bullying in the real world, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone.

Cyberbullying can include:

* sending threatening or abusive text messages
* creating and sharing embarrassing images or videos
* trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
* excluding children from online games, activities or friendship groups
* shaming someone online
* setting up hate sites or groups about a particular child
* encouraging young people to self-harm
* voting for or against someone in an abusive poll
* creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
* sending explicit messages, also known as sexting
* pressuring children into sending sexual images or engaging in sexual conversations.

Signs of bullying

No single sign will indicate for certain that a child is being bullied, but watch out for:

* belongings getting 'lost' or damaged
* physical injuries, such as unexplained bruises
* being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
* not doing as well at school
* asking for, or stealing, money (to give to whoever's bullying them)
* being nervous, losing confidence, or becoming distressed and withdrawn
* problems with eating or sleeping
* bullying others.

Effects of bullying

The effects of bullying can last into adulthood. At its worst, bullying has driven children and young people to self-harm and even suicide. Children who are bullied:

* may develop mental health problems like depression and anxiety
* have fewer friendships
* aren't accepted by their peers
* are wary and suspicious of others
* have problems adjusting to school, and don't do as well.

All children who are affected by bullying can suffer harm – whether they are bullied, they bully others or they witness bullying.

For further information please see the Anti-Bulling Policy (Appendix 2).

This policy was adopted by: Innov8 Sportz CIC in September 2016, was reviewed in September 2017, 2018, 2019 and 2020 and is due for further review September 2021.