Last update: 16/10/2026

Cleobury Community Hub Safeguarding Policy

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Section 1

Details of organisation

Organisation: Cleobury Community Hub

Address: Lower Street, Cleobury Mortimer, Shropshire. DY14 8BN

Tel No: 07828 116810

General Email address: climb61@cleoburyhub.org.uk

Operations Director Name: Mark Greaves

Senior Leader Contact Telephone / Email: 07828 116810/mark@cleoburyhub.org.uk

Designated Safeguarding Lead Name: Mark Greaves

Safeguarding Coordinator Contact Telephone / Email: 07828116810
mark@cleoburyhub.org.uk

Charity Number: 1186142

Insurance Companies::

QBE UK Limited - Public liability and Employers liability

Sportscover Europe Ltd - Climbing and Bushcraft

The following is a brief description of our organisation and the type of work / activities we undertake with children and adults who have care and support needs:

We believe that community only happens when there are shared interests, a non-judgmental environment and a welcoming safe space. These are core to our work and we see this by new people coming every week, returning and engaging in the different activities that take place.

Our aim with young people has always been to help them become the best version of themselves and our trained staff display this through their interactions with those in the CCH and it becomes emulated as the volunteers engage with all ages too.

We are linked with the local GP who signposts to us through Social Prescribing. Youth Clubs, Ladies Night, Youth Climbing, Kids Climbing, Rock Tots, Adult climbing, Craft Club, Warm Welcome, Men's Shed Social, Good Grief Café. All of these activities fit around the coffee shop, climbing wall and soft play.

The CCH is open 5 days during the week with the other two days being used for interventions with schools and other community group meetings. Our regular activities include: Rock Tots, Warm Welcome lunch, Kids Climbing Club, Youth Climbing Club, Adult social bouldering, Active Education Programme, climbing interventions (with at risk groups), Hub Youth, Ladies Night, Good Grief Café, Mens Shed social, Introduction to climbing courses, Understanding Your Child's Behaviour, Alpha Course.

Section 2: Introduction

Good governance helps our organisation prevent abuse and means it can respond quickly and with integrity when concerns arise. Central to this is the Board of Trustees, referred to in this document as “Trustees of CCH” or “Leadership”.

The trustees of CCH are appointed to have independent authority and legal responsibility for how we, as a charity, operate and have a critical role in decision making and compliance as well as setting the values, standards and behaviours of the organisation.

The standards and behaviours may be referred to as the culture of the organisation or “the way we do things around here”.

“The culture of a charity goes beyond mere compliance with legal and regulatory demands. Charity governance is most effective when it provides assurances not just that legal requirements are met, but that the behaviour of people working for the charity, and those who come into contact with it, is proper and ethical. Culture, alongside good governance, can be pivotal to whether a charity achieves its stated object” (ICSA The Governance Institute, 2017)

Positions of Trust

All adults working with children, young people and vulnerable adults are in a position of trust. All those in positions of trust need to understand the power this can give them over those they care for and the responsibility they have because of this relationship.

It is vital that all workers, voluntary or paid, ensure they do not, even unknowingly, use their position of power and authority inappropriately. They should always maintain professional boundaries and avoid behaviour which could be misinterpreted.

As of April 2022 it is illegal (England and Wales)(Northern Ireland) for those in Positions of Trust to engage in sexual activity with a 16 or 17 year old under their care or supervision.

The following Safeguarding Policy and Statement aims, to not only meet the requirements of ensuring a safe environment for those accessing activities in our organisation but to also build an open culture where:

- those who lead do so by example,
- are committed to the safeguarding of all
- those that work or volunteer are safely recruited and trained for their roles.
- there are accountability structures
- with codes of conduct
- the values of the organisation are embedded in its day to day actions and behaviours of its people
- and there is open communication

Our commitment

As trustees of CCH we recognise the need to provide a safe and caring environment for children, young people and adults. We acknowledge that children, young people and adults can be the victims of physical, sexual and emotional abuse, and neglect. We accept the UN Universal Declaration of Human Rights and the International Covenant of Human Rights, which states that everyone is entitled to “all the rights and freedoms set forth therein, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status”. We also concur with the Convention on the Rights of the Child which states that children should be able to develop their full potential, free from hunger and want, neglect and abuse. They have a right to be protected from “all forms of physical or mental violence, injury or abuse, neglect or negligent treatment or exploitation, including sexual abuse, while in the care of parent(s), legal guardian(s), or any other person who has care of the child.” As a Leadership we have therefore adopted the procedures set out in this safeguarding policy in accordance with statutory guidance. We are committed to build constructive links with statutory and voluntary agencies involved in safeguarding.

Our safeguarding statement for display can be found in APPENDIX 1.

The policy and any attached practice guidelines are based on the ten safeguarding standards published by Thirtyone:eight (thiryoneeight.org/ten-standards)

Section 3

Prevention

Understanding abuse and neglect

Defining child abuse or abuse against an adult is a difficult and complex issue. A person may abuse by inflicting harm or failing to prevent harm. Children and adults in need of protection may be abused within a family, an institution or a community setting. Very often the abuser is known or in a trusted relationship with the child or adult.

To safeguard those in our setting at the CCH we adhere to the UN Convention on the Rights of the Child and have as our starting point as a definition of abuse, Article 19:

1. States Parties shall take all appropriate legislative, administrative, social and educational measures to protect the child from all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse, while in the care of parent(s), legal guardian(s) or any other person who has the care of the child.

2. Such protective measures should, as appropriate, include effective procedures for the establishment of social programmes to provide necessary support for the child and for those who have the care of the child, as well as for other forms of prevention and for identification, reporting, referral, investigation, treatment and follow-up of instances of child maltreatment described heretofore, and, as appropriate, for judicial involvement.

Also for adults the UN Universal Declaration of Human Rights with particular reference to Article 5:

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Detailed definitions, and signs and indicators of abuse, as well as how to respond to a disclosure of abuse, are included here in our policy. APPENDIX 2.

Safer recruitment

The Trustees of CCH will ensure all workers will be appointed, trained, supported and supervised in accordance with government guidance on safe recruitment. This includes ensuring that:

· There is a written job description / person specification for the post

· Those applying have completed an application form

· Those short listed have been interviewed

· Safeguarding has been discussed at interview

· Written references have been obtained, and followed up where appropriate

· A self-declaration form and disclosure and barring check (DBS) has been completed where necessary (we will comply with Code of Practice requirements concerning the fair treatment of applicants and the handling of information)

· Qualifications where relevant have been verified

· A suitable training programme is provided for the successful applicant

· The applicant has completed a probationary period

· The applicant has been given a copy of the organisation's safeguarding policy and knows how to report concerns.

Safeguarding training

The trustees of CCH are committed to on-going safeguarding training and development opportunities for all workers, developing a culture of awareness of safeguarding issues to

help protect everyone. All our workers, voluntary or paid, will receive training and undertake recognised safeguarding training on a regular basis.

The trustees of CCH will also ensure that children and adults with care and support needs are provided with information on where to get help and advice in relation to abuse, discrimination, bullying or any other matter where they have a concern.

Practice Guidelines

As an organisation and place of worship working with children, young people and adults with care and support needs we wish to operate and promote good working practice. This will enable workers to run activities safely, develop good relationships and minimise the risk of false or unfounded accusation.

For some activities you will need specific forms, e.g. consent forms, risk assessments etc. The relevant forms can be found on our 'Churchsuite' cloud platform, accessed by trustees, operations director or staff.

Management of Workers – Codes of Conduct

The trustees of the CCH are committed to supporting all workers and ensuring they receive support and supervision. All workers have been issued with a code of conduct included in the staff handbook, towards children, young people and adults with care and support needs, and will be given clear expectations about what is expected of them both within their job role and out. They will also receive further training as necessary.

Section 4:

Partnership working

The diversity of organisations and settings means there can be great variation in practice when it comes to safeguarding children, young people and adults. This can be because of cultural tradition, belief and religious practice or understanding, for example, of what constitutes abuse.

We therefore have clear guidelines with regards to our expectations of those with whom we work in partnership, whether in the UK or not. We will discuss with all partners our safeguarding expectations and have a partnership agreement for safeguarding. It is also our expectation that any organisation using our premises, as part of the letting agreement will have their own policy that meets Thirtyone:eight's safeguarding standards.

We believe good communication is essential in promoting safeguarding, both to those we wish to protect, to everyone involved in working with children and adults and to all those with whom we work in partnership. This safeguarding policy is just one means of promoting safeguarding.

Section 5

Responding to allegations of abuse

Under no circumstances should a volunteer or worker carry out their own investigation into an allegation or suspicion of abuse. Follow procedures as below:

- Documenting a concern

  The staff or volunteer should make a report of the concern in the following way:

- The person in receipt of allegations or suspicions of abuse should report concerns as soon as possible to:

  Name: Mark Greaves (hereafter the "Designated Safeguarding Lead or DSL")

  Tel: 07828 116810

  Email: safeguarding@cleoburyhub.org.uk

  The above is nominated by the Trustees of CCH to act on their behalf in dealing with the allegation or suspicion of neglect or abuse, including referring the matter on to the statutory authorities.

- In the absence of the DSL or, if the suspicions in any way involve the DSL, then the report should be made to:

  Name: Naomi Bishop (hereafter the "Deputy")

  Tel: 07585 226322

  Email: naomi@cleoburyhub.org.uk

  They will share with the 'Safeguarding Co-ordinator to the Trustees' to escalate with the appropriate authorities.

  If the suspicions implicate both the Safeguarding Co-ordinator and the Deputy, then the report should be made in the first instance to:

  thirtyone:eight PO Box 133, Swanley, Kent, BR8 7UQ.

  Tel: 0303 003 1111. Option 2

  Alternatively contact Social Services or the police.

- The DSL should contact the appropriate agency or they may first ring the thirtyone:eight helpline for advice. They should then contact social services in the area the child or adult lives.

Name of local authority: Shropshire Council

Children's Social Services

Tel: 0345 678 9021

Out of hours Tel: 999 or 112

Website: www.shropshiresafeguardingcommunitypartnership.co.uk/

Adult Social Services

Tel: 0345 678 9044

Out of hours Tel: 0345 678 9040

Website: https://next.shropshire.gov.uk/adult-social-care

Police Protection Team Tel: 101

- The DSL may need to inform others depending on the circumstances and/or nature of the concern
  - Chair or trustee responsible for safeguarding who may need to liaise with the insurance company or the charity commission to report a serious incident.
  - Designated officer or LADO (Local Authority Designated Officer) if the allegation concerns a worker or volunteer working with someone under 18.

- Suspicions must not be discussed with anyone other than those nominated above. A written record of the concerns should be made in accordance with these procedures and kept in a secure place.

- Whilst allegations or suspicions of abuse will normally be reported to the DSL, the absence of the DSL or Deputy should not delay referral to Social Services, the Police or taking advice from Thirtyone:eight.

- The Trustees of CCH will support the DSL/Deputy in their role and accept that any information they may have in their possession will be shared in a strictly limited way on a need to know basis.

- It is, of course, the right of any individual as a citizen to make a direct referral to the safeguarding agencies or seek advice from Thirtyone:eight, although the Trustees of CCH hope that members of the organisation will use this procedure. If, however, the individual

with the concern feels that the DSL/Deputy has not responded appropriately, or where they have a disagreement with the Safeguarding lead(s) as to the appropriateness of a referral they are free to contact an outside agency direct. We hope by making this statement that the Trustees of CCH demonstrate its commitment to effective safeguarding and the protection of all those who are vulnerable.

The role of the DSL/ deputy is to collate and clarify the precise details of the allegation or suspicion and pass this information on to statutory agencies who have a legal duty to investigate.

Detailed procedures where there is a concern about a child:

Allegations of physical injury, neglect or emotional abuse.

If a child has a physical injury, a symptom of neglect or where there are concerns about emotional abuse, the DSL/Deputy will:

- Contact Children's Social Services (or Thirtyone:eight) for advice in cases of deliberate injury, if concerned about a child's safety or if a child is afraid to return home.

- Not tell the parents or carers unless advised to do so, having contacted Children's Social Services.

- Seek medical help if needed urgently, informing the doctor of any suspicions.

- For lesser concerns, (e.g. poor parenting), encourage parent/carer to seek help, but not if this places the child at risk of significant harm.

- Where the parent/carer is unwilling to seek help, offer to accompany them. In cases of real concern, if they still fail to act, contact Children's Social Services direct for advice.

- Seek and follow advice given by Thirtyone:eight (who will confirm their advice in writing) if unsure whether or not to refer a case to Children's Social Services.

Allegations of sexual abuse

In the event of allegations or suspicions of sexual abuse, the DSL/Deputy will:

- Contact the Children's Social Services Department Duty Social Worker for children and families or Police Child Protection Team direct. They will NOT speak to the parent/carer or anyone else.

- Seek and follow the advice given by Thirtyone:eight if for any reason they are unsure whether or not to contact Children's Social Services/Police. Thirtyone:eight will confirm its advice in writing for future reference.

Detailed procedures where there is a concern that an adult needs protection:

Suspicions or allegations of abuse or harm including; physical, sexual, organisational, financial, discriminatory, neglect, self-neglect, forced marriage, modern slavery, domestic abuse.

If there is concern about any of the above, DSL/Deputy will:

- Contact the Adult Social Care Team who have responsibility under the Care Act 2014 to investigate allegations of abuse. Alternatively Thirtyone:eight can be contacted for advice.
- If the adult is in immediate danger or has sustained a serious injury contact the Emergency Services, informing them of any suspicions.

If there is a concern regarding spiritual abuse, the DSL will:

- Identify support services for the victim i.e., counselling or other pastoral support
- Contact Thirtyone:eight and in discussion with them will consider appropriate action with regards to the scale of the concern.

Allegations of abuse against a person who works with children/young people

If an accusation is made against a worker (whether a volunteer or paid member of staff) whilst following the procedure outlined above, the DSL, in accordance with Local Safeguarding Children Board (LSCB) procedures will:

- Liaise with Children's Social Services regarding the suspension of the worker
- Make a referral to a designated officer formerly called a Local Authority Designated Officer (LADO) whose function is to handle all allegations against adults who work with children and young people whether in a paid or voluntary capacity.
- Make a referral to Disclosure and Barring Service for consideration of the person being placed on the barred list for working with children or adults with additional care and support needs. This decision should be informed by the LADO if they are involved.

Allegations of abuse against a person who works with adults with care and support needs

The DSL will:

- Liaise with Adult Social Services in regards the suspension of the worker
- Make a referral to the DBS following the advice of Adult Social Services

The Care Act places the duty upon Adult Services to investigate situations of harm to adults with care and support needs. This may result in a range of options including action against the person or organisation causing the harm, increasing the support for the carers or no further action if the 'victim' chooses for no further action and they have the capacity to communicate their decision. However, this is a decision for Adult Services to decide not the organisation.

It is important to highlight that safeguarding is everyone's responsibility. If anyone working within the setting, employed or volunteering, suspects malpractice, a cover-up, or a failure of management to act on a serious child safeguarding concern they must follow the procedures outlined in our Whistleblowing Policy, which protects all staff from victimisation.

Section 6

Pastoral Care

Supporting those affected by abuse

The Trustees of CCH are committed to offering pastoral care, working with statutory agencies as appropriate, and support to all those who have been affected by abuse who have contact with or are part of the Cleobury Community Hub.

Working with offenders and those who may pose a risk

When someone attending the place of worship / organisation is known to have abused children, is under investigation, or is known to be a risk to adults with care and support needs; the Trustees of CCH will need assurance that supervision is applied for the individual concerned when on CCH premises and offer pastoral care, but in its safeguarding commitment to the protection of children and adults with care and support needs, set boundaries for that person, which they will be expected to keep. These boundaries will be based on a risk assessment and through consultation with appropriate parties.

APPENDIX 1:

Safeguarding Statement

Policy Statement on Safeguarding
To be displayed in a prominent place

PROTECTION OF CHILDREN AND ADULTS POLICY STATEMENT

Name of Organisation: Cleobury Community Hub (CCH)

The following statement was reviewed by the Trustees of CCH on: 16/10/2026

- The Cleobury Community Hub is committed to the safeguarding of children and adults with care and support needs and ensuring their well-being.

  We recognise that we all have a responsibility to help prevent harm or Abuse to children and adults with care and support needs in all their recognised forms.

- We recognise that the personal dignity and rights of adults and children and will ensure all our policies and procedures will reflect this.

- We believe all people should enjoy and have access to every aspect of the life of the Cleobury Community Hub.

- We undertake to exercise proper care in the appointment and selection of those who will work with children and adults with care and support needs.

- We believe every child and adult should be valued, safe and happy. We want to make sure that all those we have contact with know this and are empowered to tell us if they are experiencing significant harm.

We are committed to:

- Following statutory and specialist guidelines in relation to safeguarding children and adults and will ensure that as a community space which includes a place of worship/ organisation all workers will work within the agreed procedure of our safeguarding policy.

- Implementing the requirements of all relevant legislation including, but not limited to; Working Together to Safeguard Children 2018, the Disability Discrimination Acts 1995 and 2005, Equality Act 2010 and referring concerns about adults with care and support needs to the local authority under the Care Act 2014.

- Supporting, resourcing and training those who undertake this work.

- Ensuring that we are keeping up to date with national and local developments relating to safeguarding.

- Ensuring that everyone agrees to abide by these recommendations and the guidelines established by the Cleobury Community Hub.

- Supporting all in the place of the Cleobury Community Hub affected by abuse.

We recognise:

- Children's Social Services has lead responsibility for investigating all allegations or suspicions of abuse where there are concerns about a child. Adult Social Care has lead responsibility for investigating all allegations or suspicions of abuse where there are concerns about an adult with care and support needs.

- Where an allegation suggests that a criminal offence may have been committed then the police should be contacted as a matter of urgency.

- Safeguarding is everyone's responsibility.

We will review this statement and our policy annually.

If you have any concerns for a child or adult, then speak to one of the following who have been approved as safeguarding co-ordinators for this place of worship/organisation.

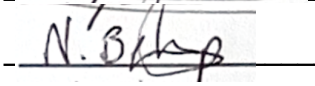
Mark Greaves - Designated Safeguarding Lead

Naomi Bishop - Deputy Safeguarding Lead

A copy of the Cleobury Community Hub's policy can be seen in our premises in the entrance notice board and upon request.

Signed on behalf of the Trustees of CCH.

Signed M.Greaves

 N.Bishop

Date 16/10/2026

APPENDIX 2

Abuse is a single or repeated act, or lack of action, that happens within any relationship where there is an expectation of trust, which causes harm or distress to another person or violates their human or civil rights.

It is the misuse of power and control, and can be perpetrated by a wide range of people, including those who are close to the person or those who have no previous connection to them.

Four Definitions of Abuse together with signs and indicators

Physical abuse is the deliberate use of physical force by one person against another to cause harm.

It may result in physical harm or injury to the other person or it may not, and may be a one-off act or ongoing.

Physical abuse can include:

Hitting, slapping, biting or pinching.

Rough handling, shaking, pushing, or throwing.

Burning or scalding.

Drowning, or suffocating

Poisoning, misuse of medication or the denial of treatment.

Intentional exposure to extreme heat or cold, or force feeding.

Misuse or illegal restraint, inappropriate physical punishment, or depriving someone of their liberty.

Physical harm may also be caused when a child's Parent/Carer fakes the symptoms of, or deliberately causes illness or ill health in a child.

Injuries caused by accidents such as trips and falls are not uncommon, especially in children, but these usually occur on bony or prominent areas such as knees, shins and elbows.

Abusive injuries tend to involve softer areas that are harder to damage accidentally e.g. upper arms, forearms, chest, back, abdomen and thighs.

Possible signs and indicators:

Visible injuries and bruising.

Unexplained cuts, marks or scars.

Injuries that don't match the explanation given.

Getting injured often

Unexplained falls

Subdued or changed behaviour

Changes in weight, being excessively under or overweight or malnourished.

Failing to get medical treatment or changing Doctors often.

Emotional abuse (or Psychological abuse) involves harming a person emotionally and includes any persistent emotional ill-treatment that causes severe and long-lasting adverse effects on a person's emotional development.

Some level of emotional abuse is present in all types of abuse and ill treatment of one person by another, but it can also occur on its own.

Emotional abuse can include:

Consistently telling someone that they are worthless, unloved or inadequate.

Using intimidation, coercion, and harassment.

Having inappropriate expectations for a person's age or development.

Seeing or hearing another person being mistreated, such as in domestic abuse.

Not giving someone opportunity to express their views or to take part in normal social interaction.

Bullying, including online bullying.

Causing someone to frequently feel frightened or in danger.

Possible signs and indicators:

Low self-esteem, attachment issues, depression, self-harm, and eating disorders.

Signs of distress, tearfulness or anger

Reluctance to be alone with a particular person

Sexual abuse (or Sexual violence) is any behaviour perceived to be of a sexual nature which is unwanted or takes place without consent or understanding.

The abuse may involve physical contact and touching or non-contact activities.

Sexual abuse is found across all sections of society, irrelevant of gender, age, ability, religion, race, ethnicity, personal circumstances, financial background or sexual orientation. It can be perpetrated by family or non-family members, women, men and other children.

Children and young people

The sexual abuse of children or young people - also called Child Sexual Abuse (CSA) - is involving a child or young person in an activity for the sexual gratification or gain of another person, whether or not it is claimed they have consented or agreed.

Sexual abuse of a child can include:

Forcing or enticing a child or young person to take part in sexual activities, including penetrative or non-penetrative acts, whether they are aware of what is happening or not.

Including children in looking at adult sexual content or activities, or having their photo taken or being filmed for the production of indecent images.

Using sexual language towards a child or encouraging them to behave in sexually inappropriate ways.

Grooming a child in preparation for abuse, either in person or online.

Child sexual exploitation is a form of child sexual abuse where a child is sexually exploited for money, power or status.

Sexual abuse may awaken premature sexual feelings in a child that they find hard to deal with and feel guilty about and they may need reassurance that they are not to blame for the abuse.

Penetrative sex with a child under 13 years by an adult or another child is classed as rape.

One of the ongoing effects of childhood sexual abuse may be that adult survivors experience difficulties forming meaningful relationships with other adults.

Sexual abuse of Adults

The sexual abuse of adults involves sexual acts to which the person has not consented or has been pressured into consenting to.

Sexual abuse of a adults can include:

Penetrative or non-penetrative sexual acts, whether they aware of what is happening or not eg. sexual assault, oral sex, rape, attempted rape, and date rape.

Indecent exposure, sexual harassment, inappropriate looking or touching, groping, sexual teasing or innuendo,

Being made to look at or be involved in the production of sexually abusive material, or being made to watch sexual activities.

Stalking and grooming.

Possible signs and indicators:

Physical injuries and bruising, particularly to the thighs, buttocks, upper arms and neck.

Bleeding, pain or itching in the genital area or when walking or sitting.

Sexually transmitted diseases or infections.

Pregnancy in a woman who is unable to consent to sex.

Uncharacteristic or age-inappropriate use of sexual language or significant changes in sexual behaviour or attitude.

Self-harming.

Poor concentration, withdrawal, sleep disturbance.

Excessive fear/apprehension of, or withdrawal from, relationships or being alone with a particular person.

Domestic abuse (or Domestic Violence) is any incident, or pattern of incidents, of controlling coercive or threatening behaviour, violence, or abuse by one adult against another where they are or have been intimate partners or family members.

It can include violence by a son, daughter, mother, father, husband, wife, life-partner, sibling, grandparent or by an extended family member, whether they are directly related, in-laws or step-family. It happens across all sections of society, regardless of gender, age, ability, religion, race, ethnicity, financial background or sexual orientation.

Both men and women can be victims, although a greater number of women experience domestic abuse and are more likely to be seriously injured or killed because of it.

Children and Young People can suffer this form of abuse and are considered victims if they see, hear or experience the effects of abuse and they are related to the victim or the offender.

It is usually frequent and persistent, can happen inside and outside the home, and can continue even after a relationship has ended.

Coercive control

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse used to harm, punish, or frighten another person. It is designed to make a person subordinate or dependent by isolating them from sources of support, exploiting them and their resources, depriving them of the means needed for independence, resistance and escape, and regulating their everyday behaviour.

Domestic abuse can include:

Emotional abuse

Physical abuse

Sexual abuse

Financial abuse

Forced marriage, Female Genital Mutilation, and ‘honour crimes’.

Possible signs and indicators:

Low self-esteem, attachment issues, depression, self-harm, and eating disorders.

Signs of distress, tearfulness or anger

Reluctance to be alone with a particular person

Visible injuries and bruising.

Injuries that don't match the explanation given.

Unexplained falls

Subdued or changed behaviour

Changes in weight, being excessively under or overweight or malnourished.

Signs of coercive control

Feeling that the abuse is their fault when it is not

Isolation – not seeing friends and family

Limited access to money