



To support
educate
& bring
everybody
together

ANNUAL

REPORT

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Messages from the Chair of the Board and the CEO

Hello

This is our first annual report since we became a charity on February 6th, 2018. Time definitely flies and we're having to learn many new things in order to close our first financial year (06/02/18-31/03/19). We celebrated our first birthday as a charity with a delicious cake thanks to one of our trustee's amazing cake-making skills.



Becoming a charity took us to a new level. With pride in our newly-acquired charity number we submitted six funding applications, five of which were successful. This funding covered volunteer training and expenses, provided us with materials for various activities at the peer support groups and allowed us to start paying our one staff member, our CEO. Added to a number of very generous donations and our income from delivering training to professionals, we are in good financial health and able to increase our services and expand out of Leeds. We always try to make every penny count and like one of our funders commented when they recently awarded us a very substantial grant, "much has been achieved and at a low cost".

With our peer support groups well and truly established as our main support for adults in Leeds, we then turned our attention to

providing support to under 18's. After a lot of careful thought, we launched the managing self-harm workshop and started promoting our services to schools, colleges and charities working with young people. Our report on crisis services in Leeds gave birth to the Battle Scars Crisis card which we soon made available nationwide; a simple tool to help anybody in crisis or anybody trying to support them.

We constantly listen to our service users', volunteers' and members' ideas and are guided by their needs when setting up new services or creating new publications. We always work closely with them, taking on board their suggestions and seeking their views in order to reach the best outcome.

We are fortunate to be able to maintain a great degree of flexibility as we move forward. With expansion out of Leeds already happening, the expectant increase of demand for supporting under 18's and their families, continually developing links with other organisations, as well as reaching more and more professionals with our self-harm and eating disorders training, we continue supporting, educating and bringing everybody together.

Sarah Batten
(Chair of the Board of Trustees)

And hello from me

The growth we experienced this year was phenomenal. Like every charity we experienced obstacles but far fewer than we expected. Instead we have been welcomed, supported, referred to and praised. I may be the founder and therefore take great pride in Battle Scars, but I am more grateful than anybody can imagine to the trustees, the volunteers, everybody who's been working in the background, everybody who has backed us up with words or money and to all the people who use our services and continually convince us that what we do is helpful and valued. Without you we'd be just a logo without meaning.

Jenny Groves
(Chief Executive)

Battle Scars gives me a space where I can be me, where I don't have to hide who I am for fear of being judged or shocking people. It's a safe space where for a few hours I don't feel alone, I feel "normal". Whether it's in a group or on Facebook, it's my main line of support and I don't know how I coped without it.

Service user & volunteer

Our aims

Battle Scars was created to support anybody affected by self-harm. Based on our broad definition covering physical (external and internal) self-harm as well as psychological self-harm, we aim to help those who self-harm as well as those who support them. We use various survivor-led face-to-face and on-line services as well as publications.

We always work towards providing support to as wide a range of people as possible, irrelevant of their age and location even though due to the size of the charity, the single member of staff and the number of volunteers, we are currently restricted to the local area for our face-to-face services.

Our objectives – what we're doing and why

Our society's pressures, unrealistic expectations and uncertainties have contributed in the increase of self-harm. We are fully aware that self-harm is the indicator of deeper problems. People use self-harm as a way to regain some control when they are

struggling to manage life in healthier ways. We believe that education, early intervention and genuine acceptance are the keys to changing perceptions, raising awareness and moving forward.

In order to achieve our aims, we run adult (18+) peer support groups, an all-ages on-line peer support group, workshops for under 18's, discussion groups for parents and carers, training for professionals and we provide on-line and hard-copy resources.

Self-harm does not discriminate, it can affect anybody. We therefore make our groups accessible to anybody over 18 wishing to attend whenever they're able to. We run them at five different locations around Leeds, two are evening and three are daytime groups. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

Self-harm, with the stigma attached to it, is a secretive and private act which isolates. Battle Scars is a survivor-led, survivor-run

I started attending Battle Scars about 18 months ago. Of all the mental health services and charities I've been in contact with over the last 5 years, Battle Scars has been the best.

The face to face support groups are very inclusive, welcoming and supportive. The atmosphere is a relaxed one, with no pressure and the people help you to feel like you aren't alone in what you are dealing with.

The on-line support group on Facebook takes a similar approach and with members from right across the world, there is always someone available on-line to talk to if you need to.

Service user & volunteer

charity and all our services are delivered by those with personal experience of self-harm. The people we support are able to relate to us and hopefully no longer feel alone. We encourage them to open up to the right people and create robust and varied support networks. We hope that with the tools and the insights they gain by using our services, they will continue taking steps forward, leaving guilt out, on the journey towards the management of self-harm.

Through the information and numerous resources available on our website, we try to reach those unable to attend our peer support groups and our closed Facebook group provides quick support to those who need it of any age (old enough to be on Facebook) and anywhere in the world.

We speak the truth about self-harm because education equals prevention and because the stigma needs breaking down so more people seek support early.

Our achievements

With the experience we gained over the past year we now have a much clearer direction regarding our peer support groups and what works or doesn't. We feel we are no longer "trying things out" but we've settled to a model that works.

We produced the easy-to-use Crisis Card which has been welcomed both in and out of Leeds. Since November we have already distributed and sent out over 3,000 cards. Ordering is easy, organisations just need to fill in a simple form on our website (individuals wishing to order either have to ask a professional to order for them or they can request one by sending us a stamped addressed envelope). The cards, our leaflets and postage are funded by donations and income from our training.

Reaching young people, being able to tell them the truth about self-harm, encouraging them to reach out, suggesting tools and options to manage self-harm and life, has been something we've been wanting to do since the beginning. We are using a slow and steady approach constantly taking the young people's feedback on board, it's always work in progress. We take any safeguarding concerns extremely seriously (with any of our work) putting the safety of our service users

at the top of our priorities. Requests to provide support to parents and schools is steadily increasing and even though we are unable to provide ongoing one-to-one support, nobody is turned away. At the least, we signpost them to specific sections of our website or to other services.



We were invited to hold information stalls at various locations. We are not the most popular of stalls, some are too self-conscious to approach us, but our presence, even our banner alone, can make a difference in breaking down the stigma, encourage people to talk about it and reach out for support. We have also attended as guests over twenty foster carer, mental health, mentoring etc. support groups to talk about self-harm and Battle Scars.

Over the last few months we have been on Radio Aire four times to talk about the increase of self-harm amongst young people – when we made it very clear it doesn't only affect 11-16 year-olds! We were also interviewed about the large increase of referrals to CAMHS in Leeds due to self-harm, we commented on the decision from certain social media platforms to ban graphic self-harm photographs (something that is not allowed in our Facebook group) and finally we were asked to do an interview (and a video that was played on Twitter) on our Crisis Card.

Our CEO was invited to the 3rd Annual Self-harm Awareness Conference in Dublin, Ireland, last March. The feedback was amazing and mostly consisted of comments about the insights that were delivered with honesty and openness. These are the sort of comments we get from our training for professionals, as well as sessions we have with parents and carers (including foster carers).

Last spring we did a teleconference for the entire DWP workforce, reaching people we

wouldn't have normally reached, with very positive feedback.

Really engaging training, allowed for really honest and open conversation. Brilliant that the trainer opens up about own experiences.

Professional

Networking and connections are happening in all areas of our work and various geographic areas in Yorkshire.

We experienced quite high demand for our training from individuals and organisations. We delivered a few self-harm workshops out of Leeds. We also launched our eating disorder workshop which has added to our high-quality training and we have maintained our 100% positive feedback rate since we started delivering training.

Finally, our help was asked for by the Ministry of Justice to design a self-harm information/advice booklet for the prison guards.

Impact & Value

Who we have reached and what difference our work has made

Adult peer support groups

After a few adjustments we have now settled on five adult peer support groups around Leeds. Due to lack of attendance, we had to make the difficult decisions to stop our deaf, BAME (Black, Asian, Minor Ethnic) and women's only groups. We have not found a suitable face-to-face alternative for deaf people who self-harm or care for someone who self-harms but we do have a number of deaf people in our closed Facebook group.

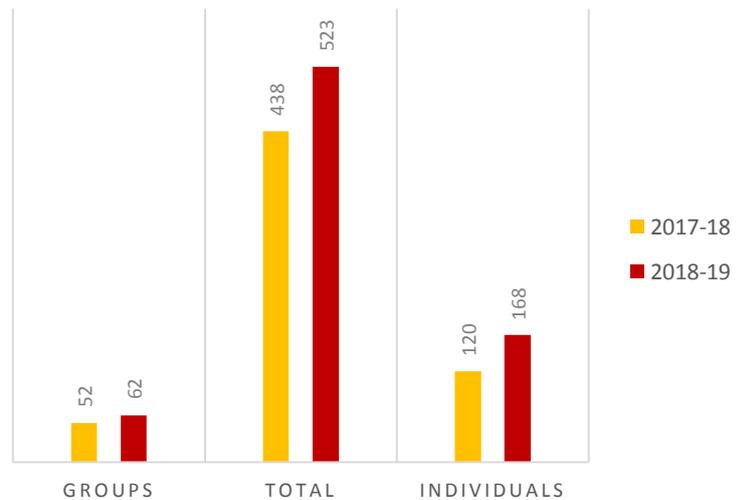
We stopped and later re-launched our Armley group (West Leeds) from an evening to a daytime group which turned it from a really struggling to a very well attended group. Our other groups, our original evening group at the Lovell Park Hub near the city centre, our evening group in Beeston (South Leeds), our daytime group in Seacroft (East Leeds) and our new daytime city centre group, are all thriving, sometimes to the

point where it's a challenge for the facilitators to manage the large numbers.

More and more volunteers are now taking on the group facilitator role as the CEO is slowly taking a back seat allowing the volunteers to develop their skills. The aim is for the CEO to step back from facilitating most of the groups and to focus on setting up new ones which will then be passed on to volunteers. We are very grateful that all the Leeds venues are provided to us free of charge.

Altogether, in the period from February 2018 until the end of March 2019 we ran 62 groups with a total attendance of 523 made up of 168 individuals. The chart compares with similar information from a previous equivalent period (operating as a community group). Our groups are all drop-in sessions, no booking, referral or regular attendance is required. We only ask professionals to let us know before they attend to preserve the balance of the group. Each group runs every four weeks but service users could come to

GROUP ATTENDANCE 2017-18 VS 2018-19



as many groups as they wished to. Therefore, in the chart below the total attendance is much larger than the number of individuals who use this service. The groups' themes are out of synch so even if one attended all five groups in the 4-week period, they'd be working on different subjects.



At the groups we worked on a wide range of topics – over 30 – using various methods. We discussed how to disclose self-harm, how to cope with change, stress and awkward questions about self-harm, how to forgive ourselves, to name but a few. We played the control pairs game; we made emotion balancing dials; we used worksheets to explore our thinking and reactions; we gave



hand-outs to remind us of the tools we learned about; our special guest, Walnut, the teddy bear, helped with changing damaging statements to more constructive ones; we made comfort boxes; we built each other up by writing notes for each other's positivity/achievement/happy jars; and we used laughter to make our sessions fun despite the seriousness of the topic.

I am not sure how long I have been coming to the groups but I do remember it took me a long time to even get through the door that first time. Jenny was so supportive. From the days of needing to meet me outside and walk in with me, I would text when I arrived and then text when I felt ready to come inside, to one of the times when I came but became so overwhelmed I left and went and sat in the toilets and Jenny managed to get me out. In the beginning I wouldn't talk, except say my name and would constantly struggle to find something to say I was looking forward to at the end of group [check-out activity] and first two sessions I would write it down as didn't feel able to speak. When we split off for smaller group work, I would just listen to others which was very beneficial but knew if I could just speak it would be more beneficial sharing my own experiences.

To today... I come in on my own. I have recently been able to say more than just my name and talk out loud to others about a bit of my struggles. I take part in the discussions. I have made friends for life in the group I go to, and even once I tried a different group which was a big, big thing for me. I will talk to new people and recently was trying to use skills I am developing at work and at the group I was helpful to someone who was deaf. It made me feel happy I helped her.

I love the variety of activities we do especially creative ones, my favourite was the comfort boxes we made. Some of my other favourites were the positivity jars and the spinners. Everyone at the group I go to is so friendly. I really need the group and the odd time I haven't been able to go it affected me badly.



I love the Facebook group and the weekly achievement post which I try and do. It helps me try and reset for the new week and helps me as Sundays are my worst days so it gives me a positive focus for the start of my day.

Jenny and all the Battle Scars volunteers are so nice, helpful and friendly :)

Hope for the future that the groups always continue as I want to be able to develop my confidence to speak more and would like my confidence to increase enough to try other groups.

Battle scars is a survival place. I don't know what I would do without it.

Service user

removed and blocked 17 members which reflects the very small number of problematic incidents we've had.

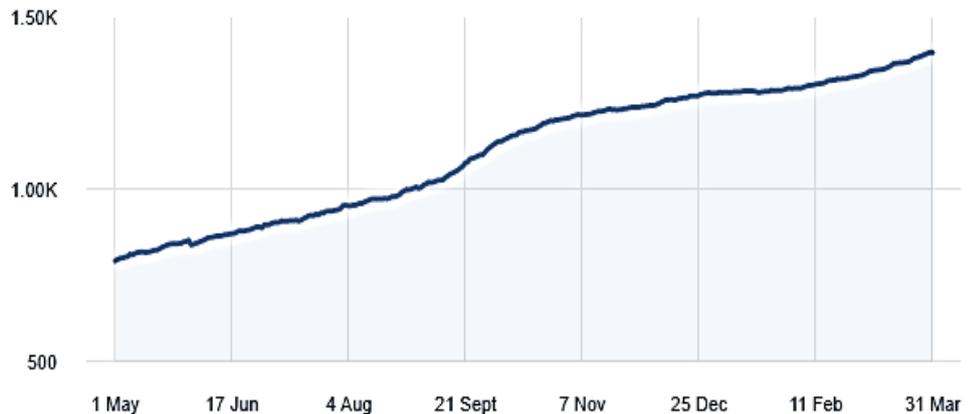
charts are from the Facebook group's insights (due to data available we could only display the growth over an 11-month period from May 1st, 2018 to March 31st, 2019).

The group is steadily growing. The following

Total members

May 1, 2018-Mar 31, 2019

1.4K Members



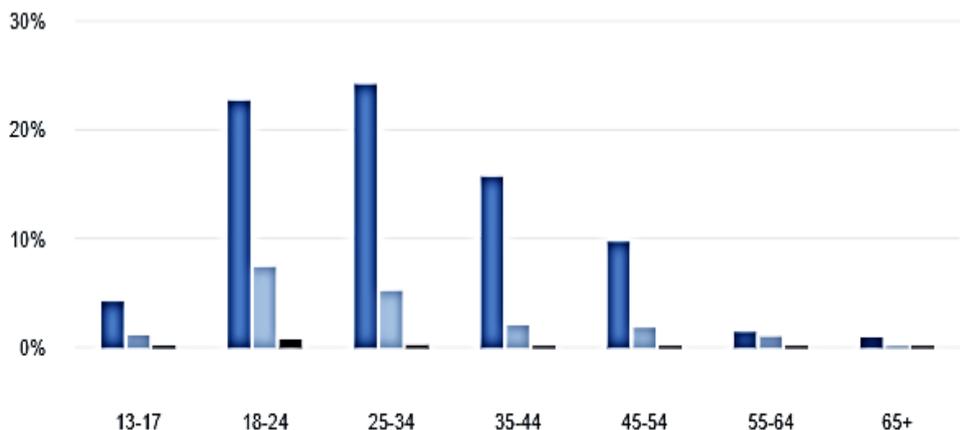
1,430
Total members
+80%

The majority of our Facebook group members are women. Even though the split between male and female service users at the Leeds peer support groups is significantly

different with a much higher percentage being male, we cannot produce a chart for the groups because we do not record such information.

Age and gender ?

79.4% Women **19.2% Men** **1.4% Custom**



79.4%
Women
19.2%
Men
1.4%
Custom

The top 10 countries where members reside are:

1. United Kingdom with 42%
2. United States
3. Australia
4. Canada
5. India
6. South Africa
7. Pakistan
8. Philippines
9. Nigeria
10. New Zealand

12% of all members are from Leeds

Through hard work, vigilance and by following the Battle Scars ethos, we have succeeded in providing a positive platform for such a subject.

I just want to say thank you to everyone that keeps this group a safe space. I've been in so many Facebook groups where trigger warnings aren't consistent or admin have refused to understand the need for eating disorder trigger warnings for [calorie] numbers. This group is the first where I've felt like Jenny and the others make sure it's a safe space and no one is triggered or made to feel silly for being triggered. Thank you guys.

Service User

Under 18's



This is a slowly building area of our work but a very rewarding one. Seeing the relief on the young people's faces because someone truly understands them, because they can express what they usually hold back for fear of judgement and because there are options and resources to help them and their families is priceless. We have only done four 2-hour workshops which were attended by 32 girls and boys, but we're getting more enquiries from schools - one from as far south as

Devon! We are, of course, focusing on Leeds and surrounding areas. We are working with

It was amazing! 😊

11-16's workshop feedback

the police officers assigned to high schools who are promoting our services. We have linked with a couple of clusters and slowly the word is reaching the right people.

Family and friends of people who struggle

Following our aim to provide support to anybody affected by self-harm, we ran discussion groups with family and friends of people who self-harm who wish to understand the behaviour in order to help their loved ones more. A supporting family - or similar - can make a huge difference.

Surprising to hear that advice previously given to professionals and parents was not correct, although makes complete sense once explained!

Parent

We've held two such open-to-all sessions with a total attendance of 17. Even though we do not obtain feedback at the end of these sessions, very positive feedback has nevertheless been given. Once again, we are promoting delivery of such sessions in schools.

We also run our first ever Understanding Mental Health session for family and friends of people with mental health issues. Despite the pouring rain, six turned up to this event all of whom seemed to benefit greatly. This session was facilitated by one of our volunteers, a CBT therapist and mental health first aid trainer, assisted by our CEO.

Website & Social Media

Our website is our one-stop-centre for information on all our services, on volunteering, membership, logging experiences and to access resources (most of which were developed for and through the groups), news, an art gallery with work from our service users, and links. We also have videos on topics such as eating disorders and Borderline Personality Disorder. There is something there for everyone whether they self-harm, are a professional, a parent etc. such as downloadable worksheets, insights provided by our service users, dos and don'ts, even a how-to write a self-harm policy flowchart for organisations, businesses etc. We keep it up to date and we make it as user friendly and easy to navigate as possible which is the comment we often hear about it.

Over the same period as our financial year (14 months) just short of 24,000 unique visitors checked out our website. This is a 158% increase from the previous 14-month period. We design and update the website ourselves at minimal cost.

I've found lots of very useful information on the website.

Parent

Our Facebook page and Twitter accounts are another means to promote our services, share our news, ask for help when designing a new service or publication or when we're in need of photos and quotes for our annual report!

Training for professionals

We've been delivering the self-harm workshop and the shorter Q&A sessions for two years. In September we also launched our eating disorders training. During the

This training made it easy to talk about a difficult subject.

Personal experiences spoken about were engaging and increased the training's effectiveness.

Very honest and engaging trainer!

Great training, lots of information and tools to use with both adults and children.

I really found the training enjoyable, informative, powerful and thought provoking. Thank you so much!

Professionals

financial year we delivered training to over

420 professionals. Over two thirds of these sessions were run in-house as far as Hull and Manchester.



As with all our services, these training sessions (the only service we charge for) are delivered in a relaxed, truthful and open manner.

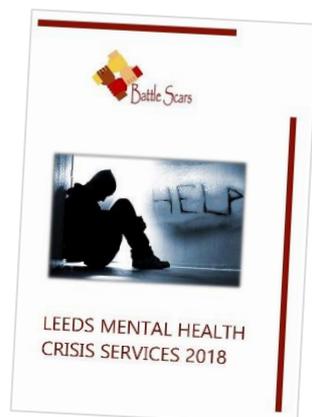
With first-hand accounts and constantly expanding wealth of knowledge on the



subjects, the trainers provide insights hard to come by and much appreciated by the participants.

Other projects

On 2nd September 2018 we published our report on Leeds Mental Health Crisis Services (available to read on our website).



The purpose of this report was to give a voice to those who have used such services, to highlight good and bad practice, compile a list of suggestions for the named services but also to raise awareness of other third sector services. We felt it was important to encourage the participants to consider what

they would find helpful in times of mental health crisis. The impact of the report is still to be assessed.

The Crisis Card was developed at the focus groups for this report as well as the Battle Scars peer support groups where the idea came from. The card folds to credit card size, to be carried by people of all ages who have already experienced, or may experience extreme mental distress and may need to get help. It's meant to be filled in when the person is in a reasonably stable state. It can be presented to anybody trying to help them, paramedics, police, mental health professionals, friends and family, colleagues, pastoral care staff etc. Representatives from

the NHS, police and other charities helped us



finalise the design and are backing the project. Early reports are showing the card is playing a large part in the de-escalation of the crisis.

Please keep reading, this is important to me and I need you to understand

I need to tell you that I self-harm.

To the person handing this out, tick what applies to you:

- I self-harm to cope.
- I do not feel in control and that makes me feel uncomfortable, trapped and frustrated.
- I do not self-harm to get attention.
- I do not self-harm to hurt or upset you.
- It helps me calm down. I use it to push my emotions aside when they're too hard to deal with.
- It doesn't mean I am suicidal.
- I do not know a better way to cope.
- I would rather not use it and I am trying to manage it.
- I don't use it all the time or as often as I want / need to. I do try to fight the urges but it can be extremely hard.

My other thoughts:

.....

.....

.....

.....

"I self harm to feel physical pain to stop the emotional pain"

Facts about self-harm:

Many more people use this coping method than you might think. Self-harm does not discriminate anybody can pick it up of any age, background, gender etc.

There are numerous methods of self-harm. isn't only cutting. Overdosing, eating disorder and compulsive negative thinking are all self-harm.

Self-harm is addictive but unlike substance addiction its hold is almost completely psychological. It becomes a way of life very hard to break this addiction because it requires major re-wiring of the brain.

People with Personality Disorder experience self-harm. It's because they see the world through different colour tinted and it's much scarier to them. They lack the ability to live with life and resort to self-harm.

"It relaxes me and takes away the voices"

Some people hear voices and often tell them to hurt themselves. They simply make these voices go away.

People who do not self-harm often do not fully understand it.

Dos and don'ts:

- It's OK to not know what to say, just listen.
- Accept the fact that I self-harm.
- Don't judge me. I feel bad enough already.
- Don't tell me to just get on with it. I need you to remain calm.



Battle Scars

I need to tell you...

www.battle-scars-self-harm.org.uk
info@battle-scars-self-harm.org.uk

The purpose of our widely used I Need To Tell You... photo leaflet is to assist someone trying to disclose or explain self-harm and help start the very awkward conversation. The few dos and don'ts that we could fit in give enough guidance to the person reading the leaflet and encourage a calm reaction. Those who have used them have reported that they made a difference.

We work with a large number of people who have been diagnosed with Borderline Personality Disorder and felt they wanted their voice heard more. We set up the Battle Scars BPD Division, a small group made up of BPD sufferers (service users and volunteers) facilitated by the Battle Scars CEO, to look for

Volunteers & training

Thanks to the Awards for All grant of £10,000 we were able to fully start our volunteer development programme. We recruited a total of 36 volunteers, 5 of whom are no longer volunteering with us and 2 have put their volunteering on hold for personal reasons. Added to a few volunteers who had joined us before we became a charity, we now have 34 registered volunteers of a wide range of ages and skills, working in various areas. Our main roles are group facilitators and working with under 18's. We also have volunteers helping with website design, photography, videography, compiling databases and cataloguing feedback, delivering mental health sessions, admin support as well as clinical supervision for our CEO, while many help out with events and stalls. We are very grateful to all for their time and effort.

Almost all our volunteers struggle with self-harm and mental health issues while others wished to add their efforts to ours. Our aim is help increase their understanding of the

ways to present their views and express their needs. Thanks to our volunteer videographer, the BPD Truths & Realities video was produced (available to view on our website) to expose misconceptions surrounding the condition which result in stigma, discrimination and judgement by both the general public and professionals.

We noticed that most organisations do not have a self-harm policy; they do not have a clearly thought-through, written approach towards dealing with self-harm incidents and disclosures. We have produced a tool to assist any organisation in writing such a policy which is available to all via our website.

behaviour, increase their self-esteem and confidence, help them feel productive and to have a purpose. We cannot provide as many opportunities as we'd like due to lack of premises but we do our best to support them while they're trying to reach their goals, or even set some.

I really enjoy volunteering for Battle Scars. It has boosted my confidence and understanding of both my mental health needs and others. The peer support groups are where I started and now I'm a co-facilitator of some of these groups. There's always support from the volunteer manager in or outside the role of my volunteer post. Can't thank Battle Scars enough for what the charity has done for me.

Volunteer

The group facilitator, safeguarding and self-harm training I've done with Battle Scars surpassed anything else I'd done in 20 years of volunteering for various organisations in the north Yorkshire area.

Volunteer

We provide various training opportunities to our volunteers. The group facilitator course and the safeguarding awareness workshops are written and delivered by Battle Scars. The rest are from extremal organisations.

This training is also offered to the trustees and the CEO (as well as training more appropriate to their roles).

Staff

Jenny, you came to do a talk at Sandal Rugby Club in Wakefield, and although I don't self-harm, I was inspired by you very much (as I think was everyone in the room). You gave us a mesmerising talk and because of your honesty and understanding I was able to signpost one of our ex-service users to you, who was desperate for some help and guidance so thank you for that. Your good work is spreading!

Professional

Our CEO is our only member of staff, also in charge of volunteer management and

Training	No of volunteers who completed the course
Group facilitator 4-day workshop	19
Safeguarding awareness workshop	17
SafeTalk (suicide awareness)	3
ASIST (suicide prevention)	2
Mental Health First Aid	2
Youth Mental Health First Aid	2

delivering self-harm training and, up to now, the primary facilitator at all groups. A large part of our income funds the CEO's wages who despite working more than full-time hours was over this financial year receiving a part-time wage. Funds have been secured for the full-time cost of the CEO's wages for the next three years.



Grants and donations

The majority of our income has come from the following funders:

Awards for All, National Lottery
George A Moor Foundation
Allen Lane Foundation
Sir George Martin Trust
Leeds Mind/Leeds City Council

We also very gratefully received large donations from the Leodis Pagan Circle, the Mabon team at Thornborough, the Paphitis

Charitable Trust, the Trelix Charitable Trust as well as numerous smaller donations.

For a more detailed breakdown of our income and expenses please check out the financial summary at the end of this report.



Coming to the groups has helped me because it's the first place I've felt I've not needed to explain or justify my self-harm. I've felt accepted and not judged. It's helped me to feel less ashamed and to accept that, for now, self-harm is just a coping strategy I'm using to help me get by, when all my other strategies haven't helped. I've acknowledged and accepted that it's currently helping to keep me alive by alleviating my suicidal urges. The group has also been good for getting input from other people about how they've dealt with various things such as mental health services and employers.

I use my positivity jar, maybe not as often as I should, but it's sat on the mantelpiece where I see it throughout the day and its very presence reminds me that not everything in my life is awful.

I like that the Facebook page is there 24/7 and that even when no one has a solution or strategy to share there is usually someone around who will at least be with you in your distress. Venting there has helped me to postpone or avoid self-harm.

I've also appreciated the access the group has given to taking part in medical research. I think it's really important to improve the medical community's knowledge and understanding of self-harm so that ultimately people will receive more appropriate and helpful support from them.

I'm impressed by your dedication and how hard you work, Jenny, and by the drive you have to find answers. Your commitment to the charity and its work is clear. I like that you're involved in local NHS discussions and are bringing them real information on the way changes in services are impacting us all.

I'm really grateful for all you do. Thank you.

Service user

Reserves

We currently hold enough reserves (money put aside) to keep us going for six months even if our income stream dried up. The purpose of holding reserves is to make sure that services aren't affected until we can secure more funding. We would do all we can to make sure there would be no impact to our service users. We review this amount every three months to make sure it's not too large or too small.

Plans for the future

We're already working towards most of our targets for the upcoming months. We're forming a group facilitator team of three for each peer support group (excluding the CEO). A team made up of fully trained volunteers with the confidence or the potential to develop into the sort of person who can welcome, support and inspire our service users to be themselves, open up and benefit from the group. Very frequent supervision will be offered for the first few months these teams operate without the CEO.

We're creating a pool of trained volunteers to deliver the under 18's workshops, which happen as and when, in teams of two. Less experienced volunteers will be paired with more experienced ones. For safeguarding reasons these teams will not be fixed.

Expansion out of Leeds is already happening with the launch of the Wakefield group on May 8th and we're already working towards starting a group in Harrogate (working with Harrogate Mind). We're already receiving a lot of interest from the Kirklees area but we wish to firmly establish one group at a time before expanding further. Our aim is to train local volunteers and create group facilitator

Biggest thing for me is that doctors and health professionals don't understand and don't help.... it was great to finally talk to people who understand. And not be judged. Part of my problems with self-harm was I needed to tell someone without been judged.

Service user

teams like for the Leeds groups. We will continue recruiting appropriate volunteers for these roles to ensure services run smoothly.

We are working with the Wakefield and

The training and support I have received as a volunteer has been fantastic and I really can't wait to facilitate the Wakefield group. As a group member the only group has been invaluable. Pretty sure without the support I receive here I wouldn't survive. I get absolutely nothing from services but I don't think they would be as useful as Battle Scars anyway.

Volunteer

Leeds Recovery Colleges and will be delivering adult self-harm and eating disorders workshops during the autumn term.

The team made up of two volunteers and the CEO is working on developing support for

those addicted to self-harm, a project still at a very early stage.

Further videos are being planned to assist with police training, volunteer recruitment and education of the general public.

We will also be looking into getting premises where we could run various training and the

'family and friends' sessions as well as extra services such as art/craft groups for our service users. Due to the current growth we also need an administrator to assist with the day-to-day running of the charity. We will be looking for suitable funding for the above.

Summary of financial accounts *

Source of income	Amount	Breakdown
Battle Scars community group	£3,800	
Grants Total	£16,485	
		£10,000
		£485
		£1,000
		£3,000
		£2,000
Donations	£2,930	
Membership	£95	
Invoicing	£7,650	
Total Income	£ 30,960	

Expenses	Amount
Salaries	£14,800
Training	£2,700
Travel	£2,750
Crisis Card (incl. postage)	£600
Equipment	£1,200
General running costs	£2,750
Total Expenditure	£24,800

Reserves	£1,500
Unrestricted funds held	£4,660

* At the time this report went to press the above accounts had not yet been independently examined.



www.battle-scars-self-harm.org.uk

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07986 962401

 www.facebook.com/battlescarselfharm/

Closed  peer support group: <https://www.facebook.com/groups/182423148780739/>

 [@BattleScars_SH](https://twitter.com/BattleScars_SH)