



To support
educate
& bring
everybody
together

ANNUAL REPORT

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Messages from the Chair of the Board and the CEO

Hello

Battle Scars had a successful year in which there has been great demand for our survivor led and run services. While constantly evaluating and reviewing our services, we decided to focus on taking stock, building on what we had already set up, ironing out any issues, developing our volunteers and working on a longer-term plan. This required slowing down our growth to get stronger.

We do not turn people away if there is any way we can help. We understand everybody is at different stages, we understand support needs to be varied, accommodating and appropriate but we have to operate within our limitations. We are always open to suggestions; we are keen to listen and we have always been guided by those we are here to support.

I always get something from groups and from the Facebook group. It helps me feel less alone, always supported by people who understand.

Service user

COVID-19 hit the world and lockdown measures were taken towards the end of our financial year. Battle Scars has risen to the challenge presented by COVID and Jenny, our CEO, has creatively addressed the problems and come up with alternative ways to maintain our services and for our charity to remain effective. These have proved to be so successful that we have decided to continue them when "normality" returns.

Some of our volunteers caught the virus; fortunately all made a full recovery. This report

is being written during lockdown and unfortunately due to circumstances we do not have all the necessary information to provide whole-year statistics. With no clear prospects of when we will be able to collate such data, we will do our best to paint a picture with what we have.

Jean Birch
(Chair of the Board of Trustees)

And hello from me

As our organisation and reputation grows so does demand. Balancing need and capacity has been tricky. More and more opportunities are presenting themselves and, even though, we would like to take advantage of them all, it is, of course, impossible. Wakefield welcomed us as soon as we set foot in the area and we are receiving a lot of support from local organisations wherever we operate. We would love to work more closely with other Leeds and Wakefield organisations and I am hoping they can wait for us to reach the stage where that is possible.

Battle Scars is all about peer support. Our volunteers (including the trustees) keep rising to the challenge making me proud to be part of this team. I have had to learn so much this year to cope with the charity's demands, with so much more to learn. Having a totally different background from running a charity, there is great need to learn quickly to keep up with the organisation's pace, learn from my mistakes and always move forward.

Jenny Groves
(Chief Executive)

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 struggle with 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 are very conscious of the issues the self-harm stigma causes and how hard it can make it for those struggling to reach out for help, to even use the words "self-harm", especially those of a BAME background. This is why talking about self-harm and educating everybody we can reach is a vital part of our work.

Our objectives – what we are doing and why

It's not easy living in a society that expects us to be able to cope with everything that life throws at us; a society that may be more linked up thanks to the various methods of communication now available but much more isolating than ever. Constant projection of what "success" means is bombarding everybody, chipping away at people's self-esteem and making self-acceptance harder, while strong emphasis on exam results adds unnecessary stress to children and young people. Not everybody finds a healthy way to manage life. Unfortunately, many people of all ages and especially teenagers, try out self-harm which, at the time, may feel like the only thing that might help. No matter how unpleasant the truth is, self-harm works and can provide, even for a short while, the necessary distraction from pain, worry, and/or stress. It can be the required grounding or, in some cases, the punishment one feels they deserve based on a warped, deep-seated belief born of experienced trauma. Self-harm is not about relief, it's about control. For most, being in control of their own pain is preferable to the uncontrollable turmoil they may be experiencing. Self-harm is a temporary solution to problems that do not go away as easily as that though.

We do not believe that the solution is to just hold the self-harm urges back in the hope they go away forever or to suddenly stop using self-harm. We encourage implementing various strategies, having a variety of "tools", to avoid, manage or deal with situations. In other words, we encourage a gradual approach to developing healthier coping mechanisms while avoiding swapping self-harm methods or pushing oneself too far.

In order to help build up this "toolbox" we run adult (18+) peer support groups, an all-ages on-line peer support group, workshops for adults, workshops for under 18's in schools and colleges, school assemblies, discussion groups for parents and carers and training for professionals. We also provide on-line and hard-copy resources.

We remain a 100% survivor led and run organisation. We can all talk from personal experience making it possible for our service users to relate to the group facilitators and for professionals to get the important insights they are looking for.

Our definition of self-harm

Self-harm inflicted on the body with immediate and longer-term effect. *Examples:* cutting, burning, scratching, hitting, pulling hair, biting, picking skin, overdosing, self-poisoning, restricting intake of food, calorie counting, restricting intake of liquids (such as water and juice), bingeing, purging, laxative usage, over-

exercising, putting self in dangerous situations, risk taking that may result in injury or harm etc. Psychological harm to the self. *Examples:* neglect, obsessive negative thinking, sabotaging relationships, continually forming similar damaging relationships etc.

Our Achievements

It was a challenging year: a fair bit of progress, some backtracking, some re-thinking and making changes but also many successes. As

we grow, we have come across different opportunities as well as some uncomfortable situations. We are strong believers of the "live

Park Place Jobcentre



Leeds West Academy



Leeds City College, Printworks Campus



NHS staff training event

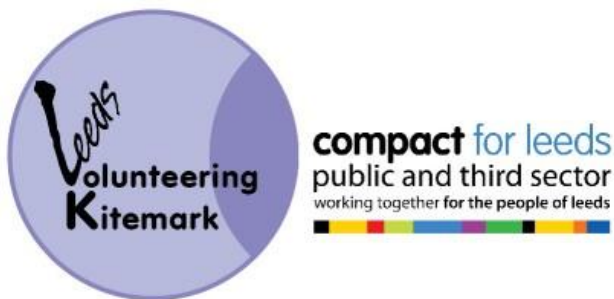
and learn" approach and we ensure we always come out of whatever difficulty stronger and wiser.

This year we put more focus on strengthening existing services and we slowed down expansion to give us the time and energy to work on what we already had.

Groups were handed over to volunteer-only teams. 3-member teams took over the Seacroft, City Centre and Wakefield groups and the volunteers easily rose to the challenge.

I am grateful for all the facilitators and hope I can be one, one day :)
Service user

We held numerous stalls, some run exclusively by volunteers for the first time, in Leeds and Wakefield. For World Mental Health Awareness Day, we had stalls in two colleges, one university and two Jobcentres. We had to triple the number of pop-up banners just to manage the stalls for this one day. Getting the stall packs to the volunteers was an interesting logistical problem and it would be a lie to say things went 100% smoothly. But it all worked



out in the end!

Following our application and a thorough assessment, on October 11th we were very proudly awarded the Leeds Volunteering Kitemark by Voluntary Action Leeds (valid for two years) with one tiny recommendation and

excellent feedback on our application and policies.



VAL CEO, Richard Jackson, presenting the Volunteering Kitemark award to our CEO

In January the Crisis Summit took place with a large Battle Scars presence bringing our lived experiences to the event. Healthwatch Leeds wrote a much bigger follow up to our Leeds Mental Health Crisis Services report (2018) resulting in much interest from the NHS CCG (Clinical Commissioning Group) as well as an increasing desire to do things differently. The Mental Health Collaborative idea was the proposed way forward. But first, the decision was made to take another look at the crisis services. The summit was spearheaded by the CCG commissioner, Kashif Ahmed and Healthwatch Leeds. Working with our service users and volunteers, other charities in Leeds, such as Leeds Involving People, Forum Central and Touchstone, Leeds City Council and the NHS, our CEO co-chaired the Summit which laid the foundation for this way of working together. It was a very productive day and the exchange of ideas at the working tables was exceptional.



Impact & Value

Who we have reached and what difference our work has made

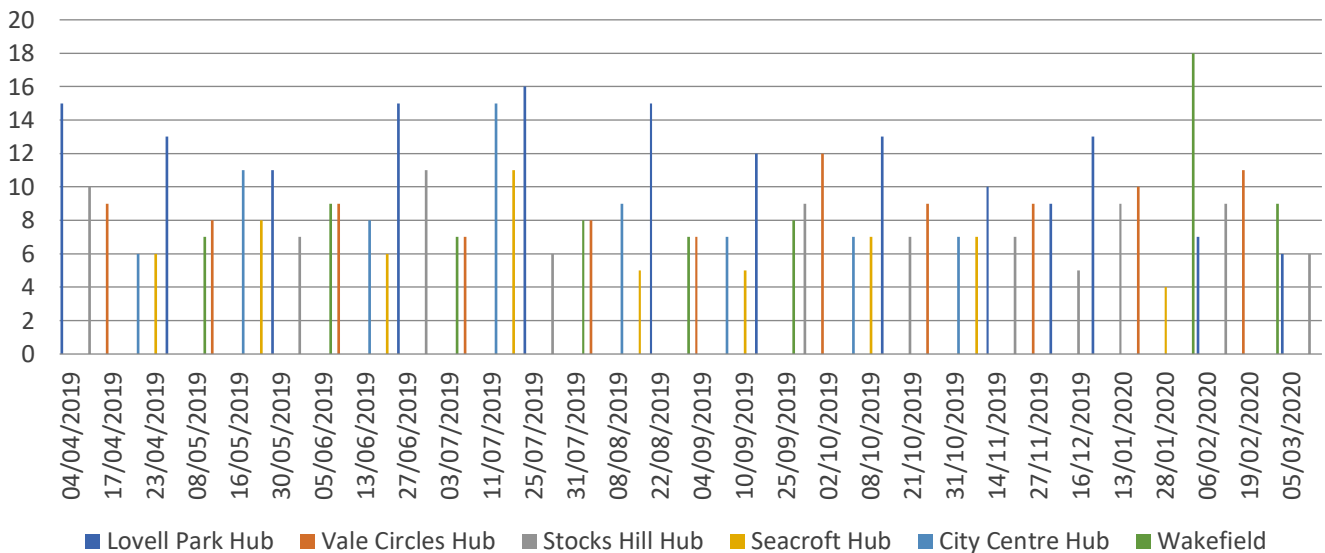
Adult services

Our no-referral, drop-in adult peer support groups continued being successful. Our five Leeds groups (at the Lovell Park Hub near the city centre, Vale Circles Hub in Beeston, Stocks Hill Hub in Armley, and two community centres in Seacroft and city centre) run throughout the year only missing a couple of dates during the Christmas holidays. Even when facilitators were indisposed, between emergency facilitators and staff we made sure none were cancelled.

Our first expansion out of Leeds took place with the launch of our group in Wakefield in May

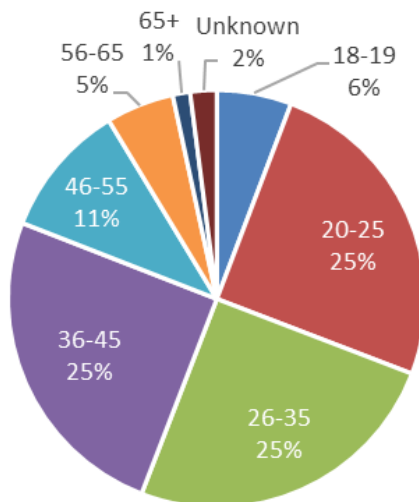
2019. We used the Sea Cadets building to start with which unfortunately did not work as a location. After trying it out for six sessions, the decision was made to suspend the group while we found a new venue. In no time at all, the Wakefield Health & Community Support charity kindly offered us the space in their amazing building on Peterson Road. Despite the spacious room, we really struggled to accommodate the large number of people who, undeterred by the very blustery February weather, attended the re-launch of the group.

Adult peer support groups



In total, 533 people attended our groups (inputting some data has been hindered by the COVID-19 lockdown), made up of 155 individuals of various ages.

Attendee ages



As always, we worked on a wide variety of subjects such as dealing with anger, building trust, increasing confidence, asking for what we need and how we present when we're "masking". We explored these topics through discussion, worksheets, activities and games, such as the body language pairs game. Considering the high number of attendees with borderline personality disorder as well as a high number of people in the autistic spectrum,

deciphering body language was really interesting – and entertaining – for all of us!

Groups are well run but relaxed. I've felt able to talk not only about my SH but also about other aspects of my mental health without judgement.

Very supportive & caring community! Peer to peer help & understanding

The advice I was given has all been so amazing and has helped me to come out of my shell and speak at groups and even say out loud about my eating disorder.

Service users

This year we linked up with the well-established Wakefield & District Recovery College as well as the newly set up Leeds Recovery College. The Recovery Colleges are NHS funded and run free workshops and courses "co-designed and co-delivered by people with experience of mental health and

life challenges working alongside health professionals, education providers and community organisations to share knowledge” (Leeds Recovery College Prospectus 2019-2020). We delivered a number of 2-hour

are fully interactive and set up in such a way that even fully non-verbal attendees can participate. We know what it’s like to be anxious and we try to make sure everybody can feel comfortable and benefit, even from a short workshop.

I am a Clinical Psychologist working at the local Burns Centre. I found out about Battle Scars from a patient I saw. I recently attended a Battle Scars meeting [peer support group] and was really impressed by the set-up.

Professional

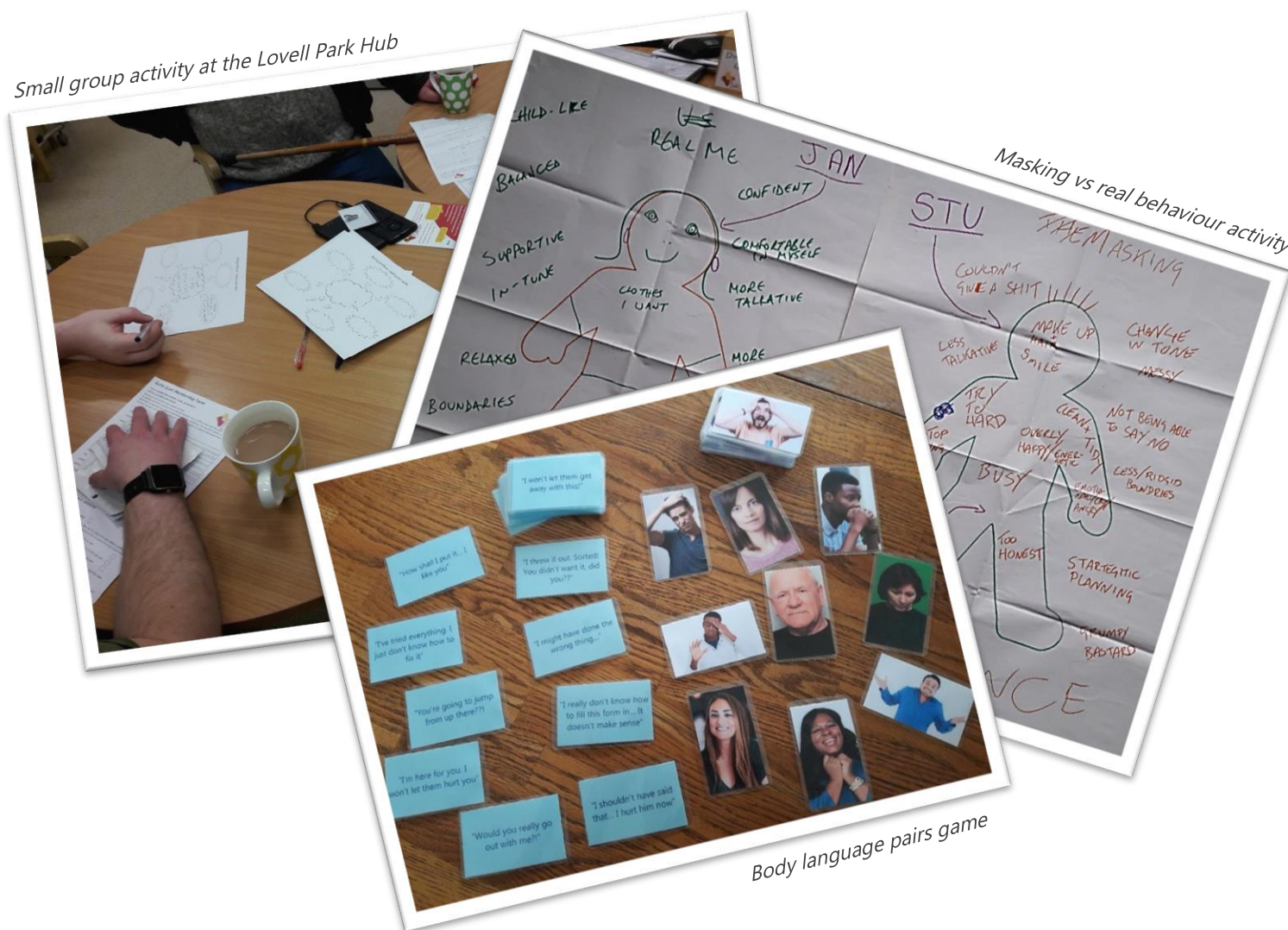
Our original service, our Facebook group, continues being as busy as always. The group is monitored by a team of administrators and moderators who between them check every single post and comment.

Facebook page is very well managed and mods are quick to act in situations which may break the rules

Service user

workshops on self-harm and eating disorders reaching people struggling with either (or both), carers and professionals. Our workshops

Small group activity at the Lovell Park Hub



Masking vs real behaviour activity

Body language pairs game

Private Facebook group

I have the most amazing support from the Facebook group, it has really helped to reduce my instances of self-harm so much.

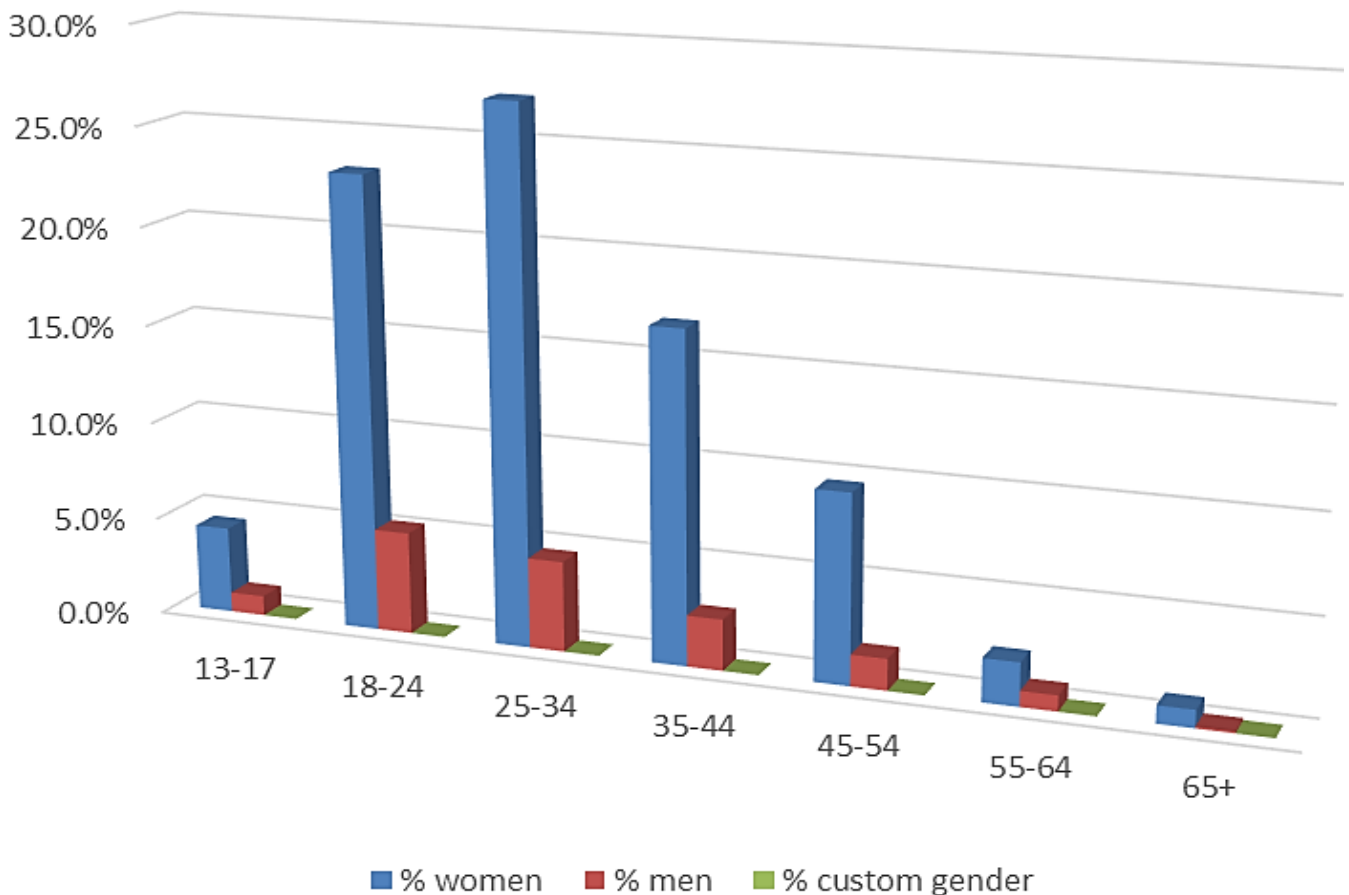
The Facebook group is very friendly and even though I haven't had the confidence to post much I have found it very helpful in reading other's stories and the advice given as it can be relatable

Service users

to 1/200 as the admin team was growing to an unnecessary size. The group rules are strictly followed to ensure the continued safety of the group. The organisation's ethos of acceptance, our non-judgemental approach and efforts to reduce guilt help create the online Battle Scars community. Over the financial year the members number increased from 1,430 to 2,220, a 55% increase. The majority of members are women between the ages of 25 and 34. Many men are still reluctant to either recognise their behaviour as self-harm or are reluctant to reach out for support. The gender statistics below are based on the gender members have declared on their profile, often the gender they identify with, not the one they were assigned at birth. In our group's case none of the members had picked the "custom gender" option.

We amended our policy to change the admin/moderator to member ratio from 1/100

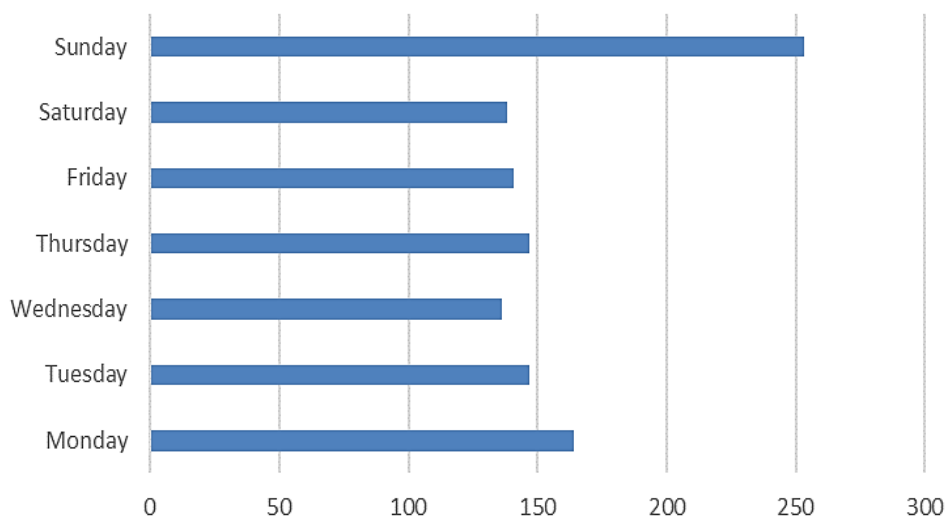
Facebook group membership



Sunday is the busiest day in the group. One reason for that is the weekly achievement post,

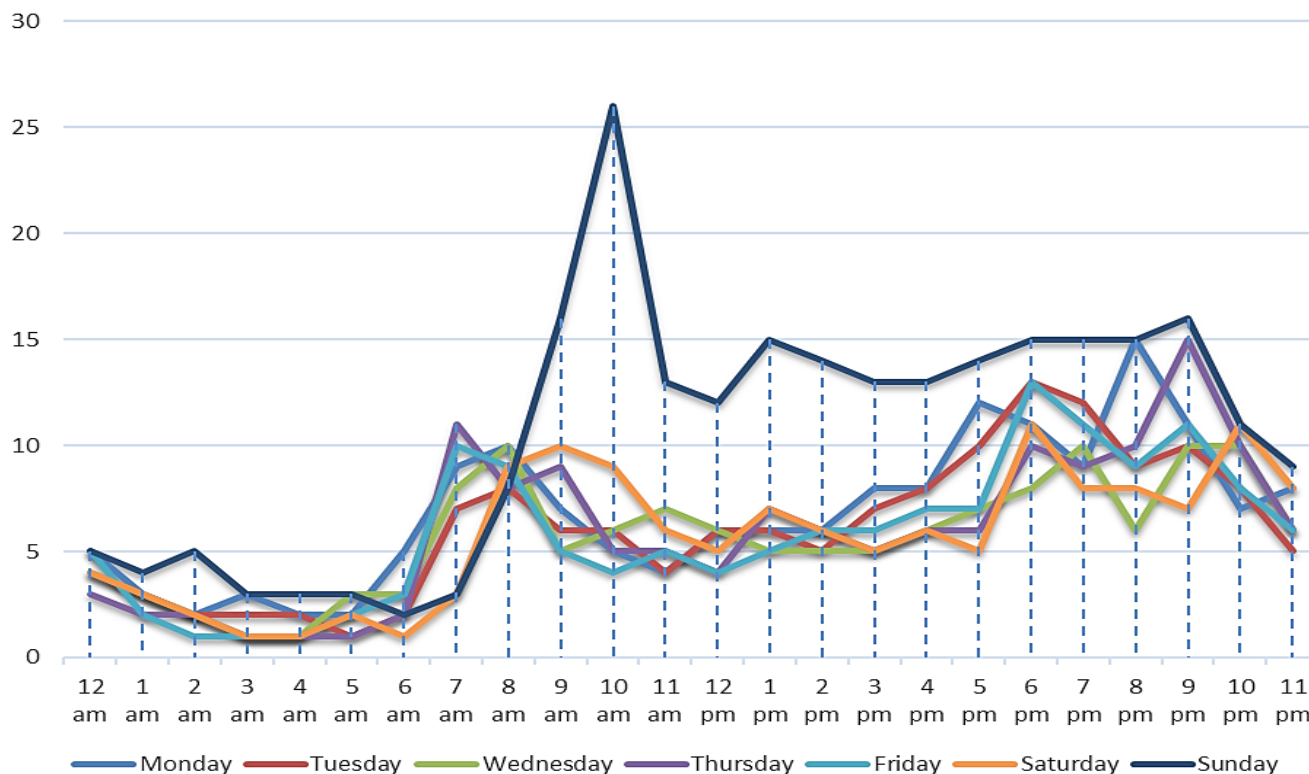
a task one of the group members has taken upon herself to do. One only has to look at the chart to see it's a favourite post expertly done.

Posts, comments and reactions



All members need to agree to the rules upon requesting to join with several requests being rejected when, for whatever reason, they have not done so. Everybody whose request has been turned down can reapply though and hopefully agree to the rules and get accepted.

Popular times



	Countries	Members
1	United Kingdom	1145
2	United States	841
3	Australia	93
4	Canada	57
5	South Africa	47
6	India	36
7	Philippines	33
8	Pakistan	24
9	Ireland	21
10	New Zealand	14
11	Nigeria	13
12	Netherlands	11
13	Bangladesh	9
14	Egypt	9
15	Malaysia	8
16	France	8
17	Morocco	8
18	Germany	8
19	Poland	7
20	Israel	7

	Top towns and cities	Members
1	Leeds, England	213
2	London, England	48
3	Birmingham, England	30
4	Bradford, England	26
5	Manchester, England	24
6	Wakefield, England	22
7	Melbourne, Victoria, Australia	18
8	Nottingham, England	15
9	Sheffield, England	15
10	New York, US	14
11	Sydney, New South Wales, Australia	13
12	Stoke-on-Trent, England	13
13	Chicago, Illinois, US	12
14	York, England	11
15	Glasgow, Scotland	11
16	Kingston upon Hull, England	10
17	Brisbane, Queensland, Australia	10
18	Harrogate, England	10
19	Edinburgh, Scotland	10
20	Baltimore, Maryland, US	9

Work with young people & supporting families

Reaching schools is still a challenge and due to limited resources, we were unable to put the effort we would have liked to link up with them. It was rather unfortunate that we were getting increased interest towards March, just before schools were closed due to COVID-19.

We were able to run a small number of workshops with mixed groups of 11-16 year-olds as well as two follow-up workshops. It is always interesting for the facilitators to see how young people take part in the workshops, how they support each other and witness even the youngest members of the group contributing.

We did two school assemblies, one on self-harm and one on eating disorders and got a mixture of reactions ranging from relief to shock. The approach we suggest to schools is for our assemblies to predate the workshops by a few months to allow pupils whose self-harm isn't already known by the school to come forward. Assemblies and high school workshops are only offered to Leeds schools until we become more established.

Best workshop I've ever been to!!
It (the workshop) is great the way it is x
11-16's workshop feedback

Good to be able to signpost young people and their families for advice and support.
Professional

We were also invited by both Leeds City College and Wakefield College to run mini-workshops with students doing health & social

care and public services courses and give them a better understanding of self-harm as well as point out that help is available.

During the year we forged stronger links with CAMHS (Children and Adolescent Mental Health Services), social services and other third sector organisations such as the Marketplace (young people’s counselling and crisis support charity) while linking up with more charities and community groups thanks to the Voluntary Action Leeds Young Lives Leeds project. We trained and are supporting the Leeds Approved Mental Health Practitioner team (AMHPs are mental health professionals who have been approved by a local social services authority to carry out certain duties under the Mental Health Act and often work with children).

We tried running evening Q&A/support sessions for parents in schools to help them understand self-harm and support their children better. Turnout was extremely disappointing (3 at one school, nobody at the second school). Unfortunately, the stigma is still

Website & Social Media

Our website remains the go-to place for information on Battle Scars. We always try to keep the website as user friendly as possible. According to feedback, this is something we achieve. Details on all our services as well as numerous resources to understand and

Excellent. Thank you very much.

Very helpful information and lovely people.

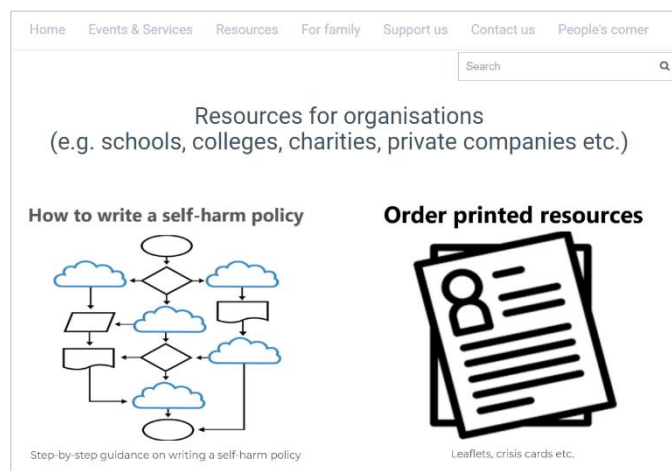
Extremely friendly and very informative. Thank you very much.

Regular meetings would be beneficial.

Parents

too strong and making themselves known as parents of a child who self-harms was a step they were unable to take. School staff were as frustrated as we were. Following that, we did 3 sessions in more neutral venues, one at each of the mental health hubs (central, South and West Leeds) out of office hours and on a Saturday. Better turnout confirmed the stigma conclusion. In the busiest session there was unanimous feedback asking us to hold a regular family support group.

manage self-harm, resources for professionals and organisations, information on how to donate or volunteer, how to order our printed resources and more can be found on the Battle Scars designed website.



Our Facebook page and Twitter account are fast ways to get news and updates known. Unfortunately, due to a system glitch our Facebook page disappeared losing over 900 likes. We started again and slowly the likes

number is rising nearer to what we had before. We are not huge Twitter fans but it is a useful tool we are not planning on ignoring. Currently, the time needed to run other social media sites would fall beyond our resources.

Training for professionals

We continued training professionals on self-harm and eating disorders. Both the 1-day workshops as well as the shorter self-harm Q&A sessions received excellent feedback. The service is constantly getting better as the trainers become more experienced and knowledgeable as well as more confident to customise their sessions depending on their audiences.

Our CEO is frequently a plenary speaker at Mental Health First Aid England train-the-trainer courses. She was invited to a regional meeting of trainers, some of whom had been at the sessions she had delivered, and received a lot of praise about having already changed how they think about self-harm and the amazing results they had witnessed in people they've supported using their new knowledge and Battle Scars resources.

I attended one of the Battle Scars Training/ discussion days. This was an excellent session that was superbly led with group activities that I found to be particularly helpful and informative.

I REALLY found this enjoyable, informative, powerful and thought provoking. Debbie's (*Debbie Riley, trustee and trainer*) insight and experiences have taught me more than I could learn in a textbook. I'd love to come again. Thank you so much.

Was especially powerful to get insight to the personal experience of the trainer as training is often too clinical/medical and not about the person. This was informative, thought provoking as well as personal and has made me realise what is important and helpful.

Would like to thank the trainer and volunteers for being so open and honest - it helped understanding the subject easier.

Excellent training session. Really valuable that it is delivered by someone with lived experience - makes the session much more real and believable.

This has been the best training so far. Trainer so open and helpful. Amazing day :-)

Professionals

Other projects/activities

The crisis cards we produced last year are proving to be a useful tool with more than 2,500 cards being sent out over the past year to other organisations/services as well as many handed out at various events and groups. Even

though the majority are requested by organisations in Leeds and Wakefield, we get requests for crisis cards and our other leaflets from all over the UK.



Work with partners

As we are finding our feet, learning how various systems work and what makes good practice, and as opportunities present themselves, we're building stronger links with other organisations. We were put down as named partners with Touchstone, Inspire North and Leeds Mind in their bids for the mental health framework. We are members of the Crisis and

Urgent Care group (incl. 136 section) and we helped review the Leeds City Council's Suicide and Self-harm booklet for professionals working with young people. Our CEO is the Patient and Public Involvement consultant in the FReSHSTART steering group, a 3-year research project run by the University of Leeds developing new therapies for people who self-

harm. We support research into self-harm, sometimes taking on an advisory role at the early stages and then helping promote it.

Feedback from services users it that they enjoy taking part in research as they can have a say.

Support and flexibility with Battle Scars has been brilliant from start to finish. I attended a training this year that was filled with practical knowledge to improve my support for young people, and was able to support a service user to a group after several discussions with Jenny to ensure it was safe and appropriate. The young woman was able to get a lot from the session despite being in regular crisis. She still speaks about it today and we hope in future to return. It's a person-centred charity that I really value and highly recommend as a professional working in Leeds supporting vulnerable women.

Always positive and solution focussed.

I have contacted Battle Scars as part of my work facilitating the Positive Mental Health Network and have always had prompt, positive responses. Thank you. You're a great organisation to work with.

Professionals

Volunteers

Our volunteer number fluctuated a little but overall remained the same throughout the year. Some members of our team had to put their volunteering on hold due to very poor mental health while one moved abroad (we decided commuting wasn't practical so we reluctantly let him go). We slowed down recruitment in order to focus more on developing the volunteers we have.

We managed to complete the second round of group facilitator training for this year just before the lockdown. For the adult peer support groups, after trying different combinations, we decided to only have facilitators with current experience of self-harm (even if they only struggle with urges and do not act on them). It is one of the biggest factors enabling those attending to relate and open

up. Our approach is to help volunteers feel a sense of achievement - despite any self-harm - increasing confidence and self-esteem, instead

I was amazed at how much I gained from volunteering with Battle Scars. I have benefited hugely from the charity's open support network and made lifelong friends. I truly believe Battle Scars has changed my life.

Volunteering for me is about the 3 V's: Having a VOICE. VALIDATION of myself and others. Being VISIBLE rather than invisible.

Volunteers

of focussing on stopping self-harm to have a chance of living (making any feelings of achievement conditional on whether one still self-harms or not, usually resulting in disappointment, frustration, anger and guilt). The newly trained volunteers were going to take up their roles immediately and we were also going to set up our Harrogate group, all of which is now delayed.

We held a volunteer event in June 2019 during international volunteer week where 26 volunteers and trustees attended. It was a fun day with a bit of work thrown in allowing us to get to know each other as well as look at the

volunteers' views and hopes for Battle Scars. These included how valued they feel by being shown trust, being noticed and respected, feeling like they belong, and what they'd like us to do in the future, such as craft workshops, wound and self-care workshops, training a wider range of professionals, focus groups and getting premises. "Cake" is also obviously very important for our volunteers as it was written down 16 times during the workshop and the one made by one of our trustees was excellent!

Two of our volunteers have now been trained as volunteer leaders and they are taking on more responsibility as well as supervisions of

I've been with Battle Scars as a volunteer for around 18 months now. The initial training to be a group facilitator was really thorough & well delivered. Following this Jenny made sure, over a period of months, that I was confident and competent in the two peer support groups I am involved with. We shared delivery of the groups, along with other volunteers, and Jenny handed the reins over only when we were both happy that I had the necessary skills and self-belief needed to facilitate the groups.

I love my role as group facilitator. Jenny is great about putting me forward for in-house and external training courses she thinks will be useful for me and encourages me to look into any other training I believe would be useful for me in my facilitator role. This has helped me to grow and develop as an individual within the volunteer team and within the peer support groups.

Additionally, volunteering for Battle Scars has helped me to find my own voice in other areas of my life. I am better able to articulate my feelings with family and friends, and I feel strong enough to talk about myself harm, my needs and to ask for support. I feel more unshakable in my own thoughts & beliefs surrounding self-harm issues and I have found an inner strength that until recently I can only describe as having been in hiding!

I see each support group that I am part of as an opportunity to learn from one another, share experiences and receive invaluable support from our peers. Battle Scars is an amazing charity and I feel privileged to be a part of it.

Volunteer

other volunteers. This is uncharted territory for us and the handing over of supervisory duties was happening gradually and carefully but, once again, a process that has been halted due to the lockdown when most volunteers have

requested their supervisions are put on hold as unfortunately many are unable to carry out their tasks and there haven't been enough alternative opportunities for them.

Trustees and Staff

At our last AGM a new trustee officially joined the board while two of the oldest trustees were voted back in. At the start of 2020 our newest

It's reassuring that staff actually know and care about what they do. That really makes all the difference

Service user

trustee accepted the position of Chair of the Board.

Our plans for acquiring premises and more staff over the last financial year did not come to fruition. Our team currently comprises of five trustees, 34 volunteers and one employee. Instead, the trustees and CEO spent more time putting together a 5-year strategic plan and looking carefully at our rate and quality of growth.

Grants and Donations

The majority of our income has come from the Tudor Trust and the Brelms Trust covering salaries, consultant fees, running costs and equipment.

We also very gratefully received donations from the Trelix Charitable Trust, the James Farrell Concert Band, Holbeck Church, St. Peter's Church, Women's Institute Morley and Dates & Mates.

the
Tudortrust



Plans for the future

Same as for every charity in the country, COVID-19 changed our plans, changed our services and our approach. With all groups suspended as well as support to schools and colleges, we made the decision to turn to virtual

services. Despite how uncomfortable video conferencing was initially, we are getting used to it and taking advantage of the technology. Instead of running 6 physical groups around Leeds and Wakefield every four weeks, we are

running 6 virtual groups with a much larger catchment area. Realising how useful a tool video conferencing is and what possibilities it creates, we have decided that virtual groups will continue after lockdown restrictions are fully lifted and we have just launched a support group for parents and family of people of all ages who self-harm. Physical versions of this group are planned for Leeds and Wakefield to run alongside the virtual one.

Thanks to our Facebook group members, it became apparent that people who are only occasionally self-harming or struggling with urges would benefit from their own peer support group which is now part of our near-future plans. Making transitioning between this and our other groups as fluid and comfortable as possible will be a challenge for everybody. It will be our aim to make sure any guilt and feelings of failure after a "blip" can be brushed

Helped me to realise I'm not the only person struggling with self-harm issues & it also helps me that I can offer support by sharing my lived experience

Service user

aside while retaining their sense of achievement.

Even though recruitment of volunteers had halted, we will now be recruiting facilitators for such groups as required and training and supporting them via Zoom.

Online training for professionals is another use of this technology and will be launched in the near future. We are hoping to reach professionals all over the country as well as re-establish that income stream.

A few months ago, we were approached by the Armley Prison's Safer Custody team manager and our CEO paid the prison a visit. She had the opportunity to speak to the Safer Custody team as well as inmates and got a tour of the prison. Seeing the need and thanks to the staff and inmates input we will be proposing a peer support group to the prison Governor with a view to start such a group in early 2021.

Our funding application for premises and more staff has been put on hold due to COVID-19 and we do not foresee such funding coming through during this financial year. Acquiring premises and more staff is still a burning need but we will continue to provide as much support to those affected by self-harm as best we can with our current means.

Finances

Summary of financial accounts *

	Breakdown	Total
Brought forward		£ 7,650
<i>Restricted funds</i>	£ 1,540	
<i>Unrestricted funds</i>	£ 6,110	
INCOME		
Grants breakdown		£ 66,940
<i>Tudor Trust</i>	£ 63,500	
<i>The Brelms Trust</i>	£ 2,940	
<i>Wharfedale Foundation</i>	£ 500	
Unrestricted funds		£ 8,700
<i>Donations</i>	£ 2,420	
<i>Membership</i>	£ 60	
<i>Invoicing</i>	£ 6,220	
TOTAL INCOME		£ 75,640
EXPENDITURE		
Salaries		£ 29,020
Training		£ 1,300
Travel		£ 2,620
Equipment		£ 965
Leaflets		£ 540
Consultant charges		£ 3,760
General running costs		£ 2,020
TOTAL EXPENDITURE		£ 40,225
Carried forward		
<i>Restricted funds</i>	£ 35,600	
<i>Unrestricted funds</i>	£ 2,465	
<i>Reserves</i>	£ 5,000	
TOTAL CARRIED FORWARD TO 2020-2021		£ 43,065

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

Battle Scars services



Some of our online resources

Coping with change

- I will acknowledge my feelings.
- I will prepare myself
- I will talk to others with similar experience

Building confidence

Get things done
Break the job down and match the task to your energy levels. Once you've set your goal, go for it!

Do the right thing
Stick to your values. In the end, you will like

Support Net

Placing yourself in the middle, who do you have to support you? They can be family, friends, professionals, work colleagues, groups (even internet groups) etc.

When you've filled it in, check out the questions below

Mapping self-harm and learning to manage it

Trigger → **Urges** → **Distractions** → **Identify & analyse trigger** → **Ask yourself:** Can I deal with this trigger? Can I ignore this trigger? Is it worth self-harming over? Will self-harm truly help? → **Try different distractions** if your usual ones are not that effective. Elastic bands and ice cubes reinforce the message that physical pain is the solution to emotional distress and we advise against using them. Only use ice cubes as a last resort. → **Match up what distractions work when**, for what trigger, for which emotion and keep that list visible or to hand. → **Learn** when the urges are beyond control and if you're going to self-harm do so at an earlier stage when you still have better control. Practice safe self-harm. There is no safe self-harm with overdosing and self-poisoning. → **Self-harm** → **Self-care** Look after your injuries and do not let the guilt feed the cycle. → **Identify your emotions** and try to see the full picture. → **Ask yourself:** Can I avoid this trigger in the future? How can I deal with it without self-harming? → **Keep making the self-harm cycle bigger**. Accept where you are right now, you did what you felt you had to do, keep moving forward and work on your triggers, on building a solid support network and on trying to work on the root.

Root cause
Needs to be dealt with, resolved, accepted, come to terms with, but often it's easier to focus on the self-harm and avoid working on the root. Managing the self-harm makes us stronger, more aware and better able to look deeper.

Distractions
USE EARLY Includes reaching out and talking to someone you trust.
[Link to tips and distractions list resources](#)

Identify & analyse trigger
[Link to Trigger Log resource](#)

Ask yourself:
Can I deal with this trigger? Can I ignore this trigger? Is it worth self-harming over? Will self-harm truly help?

Try different distractions
if your usual ones are not that effective. Elastic bands and ice cubes reinforce the message that physical pain is the solution to emotional distress and we advise against using them. Only use ice cubes as a last resort.

Match up what distractions work when, for what trigger, for which emotion and keep that list visible or to hand.
[Link to distractions table resources](#)

Learn when the urges are beyond control and if you're going to self-harm do so at an earlier stage when you still have better control. Practice safe self-harm. There is no safe self-harm with overdosing and self-poisoning.

Self-harm

Self-care
Look after your injuries and do not let the guilt feed the cycle.

Identify your emotions and try to see the full picture.
[Link to Before/ During/After resource](#)

Ask yourself:
Can I avoid this trigger in the future? How can I deal with it without self-harming?
[Link to Trigger Log resource](#)

Keep making the self-harm cycle bigger. Accept where you are right now, you did what you felt you had to do, keep moving forward and work on your triggers, on building a solid support network and on trying to work on the root.

If you haven't already, identify and analyse the trigger.
[Link to Trigger Log resource](#)

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Who else could help?
Who would support you if you asked?
Think out of the box!

Before, during and after self-harm
Write, draw or colour in how you feel.

Before

During

Tips for giving a compliment

- Be sincere
- Keep it short
- Be specific
- Don't be afraid to compliment a stranger
- Don't follow it up with a 'but'!

Tips for accepting a compliment

- Don't push it away
- Don't...
- Don't...

Self-harm Policy Flowchart

Consider each question to set up a self-harm policy that is appropriate for your support please [contact us](#).

1. What is your definition of self-harm? Select all that apply and clearly state this definition – Be

- Physical external – clearly defined act (cutting, scratching, hitting, burning, pulling hair etc)
- Physical internal – clearly defined act (self-poisoning, overdosing)
- Eating disorders – diagnosed
- Eating disorders – developing (restricting, overeating etc)
- Psychological (self-neglect, obsessive negative thinking, sabotaging relationships etc)

2. Is this policy applying to:

- Staff
- Service users / clients / pupil
- Both
- Same for all
- Different within service

3. Do you work with:

- Adults
- Children
- Both

© Battle Scars 2020 - Self-harm Policy Flowchart

How to avoid, delay or reduce self-harm

Distractions help re-direct the mind's attention and give it something better to focus on. **Must be used as early as possible after they urges start in order to work.** The distractions need to match your mood, the urges' intensity and the emotions you feel at the time. Many of these ideas drop into more than one category.

Ground:

- Feet firmly on the ground (sometimes better to be barefoot outside)
- 54321: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste (or favourite taste)
- Breathing exercises
- Be in nature
- Focus on comforting textures
- Hold something warm/cold and focus on the sensation
- Stroke something smooth/rough and focus on the sensation
- Squeeze a stress ball
- Make a ball out of rubber bands
- Count whatever is around (floor tiles, ceiling tiles, patterns on wallpaper, cars going past your window etc)
- Stand under the water in the shower or in heavy rain
- Drink some water
- Listen to birds
- Fidget toys/play with coins
- Play with blue tac
- Smell/hold things that remind of safe times (perfume, scented candles, blanket/soft toy/item belonging to favourite person etc)
- Notice what is different today than it was yesterday (blooming trees, flower buds etc.)
- Receive a massage, reiki or energy healing from a person you trust

Find comfort:

- Curl up under a duvet/(weighted) blanket
- Sleep
- Hug a loved one
- Stroke/hug/cuddle a pet
- Hug a soft toy
- Have a hot drink
- Have a pyjama day and watch TV
- Use a Worry Bear
- Massage own hands

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