



#EverySingleOneOfUsMatters

# Bulletin

SEPTEMBER 2025  
w: [battle-scars-self-harm.org.uk](http://battle-scars-self-harm.org.uk)  
e: [info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)



## SELF-HARM: WILL YOU RESPOND OR IGNORE?

**Battle Scars** **FREE** **BOOK NOW**

### WEBINAR

**For professionals working in Scotland and Wales**

**"RESPOND OR IGNORE? HOW CONFIDENT ARE YOU IN RESPONDING TO SELF-HARM?"**

A brief thought-provoking interactive webinar concluding with a short Q&A where no questions are out of bounds

Presented by:  
**JENNY GROVES**  
Founder & CEO  
Battle Scars Self-harm Support Charity

**WEDNESDAY 8 OCTOBER 2025 at 1pm**

**CLICK THE LINK TO BOOK** [www.battle-scars-self-harm.org.uk/webinars.html](http://www.battle-scars-self-harm.org.uk/webinars.html)

Whether you work for the NHS, social services, DWP, a school, college, university, charity or private company, as a health or mental health professional, social worker, support worker, job coach, safeguarding lead, teacher, mental health first aider etc. it's likely you will come into contact with people who self-harm. It may be your job to support them or you may have been presented with an opportunity to do so.

Join this webinar:

**"RESPOND OR IGNORE?**  
**How confident are**  
**you in responding**  
**to self-harm?"**

**Battle Scars** **FREE** **BOOK NOW**

### WEBINAR

**For professionals working in England & Northern Ireland**

**"RESPOND OR IGNORE? HOW CONFIDENT ARE YOU IN RESPONDING TO SELF-HARM?"**

A brief thought-provoking interactive webinar concluding with a short Q&A where no questions are out of bounds

Presented by:  
**JENNY GROVES**  
Founder & CEO  
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**THURSDAY 9 OCTOBER 2025 at 1pm**

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Registered charity in England & Wales No. 1177020 and Scotland No. SC052466

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## Understanding & Responding to:

- **Self-harm**
- **Eating Disorders & Disordered Eating**



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## TRAINING OBJECTIVES

To provide deep insights into all aspects of self-harm, resulting in better understanding and having the skills to respond and support someone who self-harms.

*“My knowledge and understanding has helped to increased my confidence in responding appropriately to someone asking for support with their self-harm.”*

## UNDERSTANDING & RESPONDING

Written & delivered by people with lived/living experience. We offer honest, real, in-depth training on understanding and responding to self-harm and eating disorders & disordered eating.

Whether you're a mental health professional, GP, job coach, support worker or helpline volunteer, our fully interactive workshops will give you the knowledge and practical skills you need to respond and support people of any age and gender who self-harm or have an eating disorder. All our training is tailored to the delegates' needs thanks to

*“Very open and honest personal account made it easier to appreciate the real impact of an eating disorder. Very professional delivery.”*

the trainer's experience and wealth of knowledge. Over the last 7 years Battle Scars has trained thousands of professionals taking feedback and questions on board, frequently reviewing the material to ensure it remains fresh and relevant.

**BOOK & CONFIRM YOUR PLACE**

**Face2Face dates will be held at:**

**Onward**  
Mental Health & Wellbeing Hub  
Onward House,  
Millshaw Lane,  
Leeds LS11 0SL

**BOOK NOW**  
**NEW**  
**WEBINAR**  
**WED 9<sup>th</sup> & THU 10<sup>th</sup>**  
**OCTOBER**  
**at 1pm**  
**Click for more details**

### NEW TRAINING DATES FOR AUTUMN 2025

#### UNDERSTANDING & RESPONDING TO SELF-HARM

Tue30Sept(V) Wed3Dec(F2F) Wed10Dec(V)

#### UNDERSTANDING & RESPONDING TO EATING DISORDERS / DISORDERED EATING

Tue14Oct(V)

**Contact us to discuss your needs**

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Insightful, practical workshop by the leading experts with lived experience



# SELF-HARM IN THE WORKPLACE

Are you prepared to support an employee who self-harms?

It's highly likely that someone in your workforce is self-harming. Would you know how to respond?

## WHAT IS COVERED?

- ✓ Understanding self-harm & eating disorders
- ✓ Recognising signs & warning signals
- ✓ Practical strategies for supporting individuals who self-harm
- ✓ Practical ideas to create safer, more supportive work environments
- ✓ Effective policies reducing risk

Specifically written for wellbeing leads, line managers, mental health first aiders etc.

Fully interactive workshop available virtually or face-to-face.

All graduates are invited to our *SelfHarmAware Professionals Guild* — stay connected and continue learning.

Real life  
experience  
truly valuable

Absolutely  
outstanding  
training

Excellent training!  
Well informed and  
interactive



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07410 380747



# RAINBOW COLLECTIVE Onward


Mental Health & Wellbeing Hub

Millshaw Park Way, Leeds LS11 0LS

**Alternate Wednesdays 6.30-8pm**

 Connect with LGBTQ+ individuals  
who use self-harm as a coping strategy

 Be a part of an inclusive group

 Explore the issues that  
matter the most to you

 Come as you are!

**[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)**



- The group meets once a fortnight on a Wednesday at 6.30-8pm in Onward House, Leeds
- It is open to all members of the LGBTQ+ community aged 18 or over.
- No diagnosis or referrals are needed – no labels, no gatekeeping, just a space where your story matters.





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**According to the Office of National Statistics, individuals who identify with an LGB orientation are twice as likely to self-harm as those who identify as heterosexual; Mermaids, the British charity that supports trans youths tell us that at least 90% of young trans people use self-harm.**

At Battle Scars, we believe no one should have to face their battles alone; that's why we're excited to launch the Rainbow Collective — a new peer support group for LGBTQ+ individuals who struggle with self-harm — to offer connection, understanding, and a safe space where nobody feels isolated.

The Rainbow Collective is open to anyone who identifies as a part of the LGBTQ+ community and who struggles with self-harm and self-harm urges. We take a broad and inclusive view of self-harm - meaning any harm done to the body or mind, whether internal or external and whether its effects are short- or long-term. However you experience it, you are welcome here.

We welcome all identities, pronouns and intersectional backgrounds. Our sessions are always drop-ins – no referrals needed and no booking required. You're welcome to join our fortnightly groups whenever it suits you.

Battle Scars' volunteer manager, Em (she/her) identifies as a queer woman and is excited about getting the Rainbow Collective up and running.

***"We've been wanting to set up this group for a long time, so we're delighted to have been given the funding to make that happen. We know that members of the LGBTQ+ community can face unique challenges and struggles and we want to offer a space where people can explore these experiences and receive support without fear of judgement. Our groups will be welcoming and inclusive, a space where everyone can be themselves, connect with others and feel part of a community. We also want members to have a voice in shaping the group so it truly meets their needs."***

**Battle Scars' Rainbow Collective started on Wednesday 20th August at Onward Mental Health and Wellbeing Hub, Leeds. Further information can be found on our website.**

**<https://www.battle-scars-self-harm.org.uk/lgbtq-f2f-group.html>**

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# NOTICEBOARD

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Battle Scars

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## FACE-2-FACE PEER SUPPORT GROUPS IN LEEDS

ALL GROUPS ARE NOW AT  
MILLSHAW PARK WAY, LEEDS LS11 0LS

**Onward**  
Mental Health & Wellbeing Hub

Dates for  
SEPT 2025

**MONDAY - FOR YOUNG PEOPLE AGED 16-25S  
WEEKLY GROUP**

6.30 - 8pm

**TUESDAY - ADULT 18+ SUPPORT GROUP** 6.30 - 8pm  
**EVERY 2 WEEKS 9 & 23 SEPT**

**WEDNESDAY - FRIENDS & FAMILY, PARENTS &  
CARERS OF PEOPLE WHO SELF-HARM** 6.30 - 8pm  
**EVERY 2 WEEKS 10 & 24 SEPT**

**WEDNESDAY** 6.30 - 8pm  
**EVERY 2 WEEKS 3 & 17 SEPT** RAINBOW COLLECTIVE NEW!  
Connect with LGBTQ+ individuals  
who use self-harm as a coping strategy

**THURSDAY - ADULT 18+ SUPPORT GROUP**  
**WEEKLY GROUP** *Social time: 11am - 12.30pm*  
*Start of group: 12:30 - 2pm please arrive on time*  
*Social time: 2 - 2.30pm*

**FRIDAY - ADULT SUPPORT GROUP for the over 50s**  
**EVERY 2 WEEKS ON 12 & 26 SEPT**  
*Social time: 2 - 2.30pm*  
*Start of social time: 11am - 12.30pm*  
*Start of group: 12:30 - 2pm please arrive on time*

[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

## REMINDER!

JOIN THE  
BATTLE SCARS  
MAILING  
LIST !!

**FREE !!!!**  
**Downloadable**  
**resources** 😊  
**Click HERE**

Do you want to  
know more about  
Battle Scars?  
Book a face-2-  
face or virtual  
Intro session

[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

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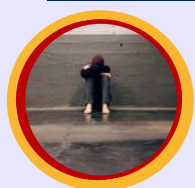
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# PEER SUPPORT GROUPS WHERE & WHEN

## FACE-2-FACE SUPPORT GROUPS IN LEEDS

### DROP-IN FOR LEEDS YOUNG PEOPLE 16-25s



**Onward Mental Health  
& Wellbeing Hub**

Millshaw Park Way,  
Leeds LS11 0LS

**6.30-8.30pm**

**EVERY MONDAY (NOT BANK HOLIDAYS)**  
No booking, no referral, just drop in



### DROP-IN FOR ADULTS IN LEEDS

**Alternate Tuesdays at  
Onward Mental Health & Wellbeing Hub**

Millshaw Park Way,  
Leeds LS11 0LS

**6.30-8pm**



No booking, no referral, just drop in at  
Onward House, Millshaw Park Way, Leeds LS11 0LS

**Face-2-face support group for families,  
friends, parents and carers** of people of any  
age and gender who self-harm

**Wednesdays every 2 weeks 6.30-8pm**

**Rainbow Collective LGBTQ+ Group**

**Wednesdays every 2 weeks 6.30-8pm**

**Face-2-face adult peer support group every  
Thursday at 12.30-2pm** with social time from  
11am-12.30pm and 2-2.30pm

**Face-2-face support group for older adults  
(aged 50+). Fridays every 2 weeks: 12.30-2pm**  
with social time 11-12.30 & 2-2.30pm

## VIRTUAL ADULT PEER SUPPORT GROUPS UK-WIDE

### ADULTS ONLINE PEER SUPPORT 'STANDARD' GROUPS ALTERNATE WEEKS



**Mondays 6.30-7.30pm**

**Tuesday 1-2pm**

**Wednesdays 6.30-7.30pm**

**Thursdays 6.30-7.30pm**

**Fridays 1-2pm**

### 'INBETWEENERS'

AN **ONLINE** ADULT  
PEER SUPPORT GROUP FOR  
people who  
struggle with  
self-harm but  
don't, or rarely, act  
on their urges

**Alternate Thursdays**  
**6.30-7.30pm**



### ONLINE PEER SUPPORT FOR PARENTS /CARERS / FAMILIES / FRIENDS

of people of any age who  
struggle with self-harm  
**Alternate Mondays**  
**& Tuesdays 6.30-8pm**

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Battle Scars

Onward

Mental Health & Wellbeing Hub

## Last two remaining offices for long-term rent and rooms for half or full day hire



### Right & below:

Very spacious, light and airy, open-plan office with a room divider to create a separate area to use as a possible meeting or work space.

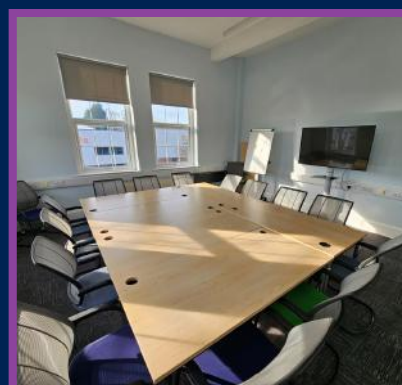


**Above:** Recently decorated (All offices for rent (**above and below**) are first floor office Al furnished for visualisation purposes only)

### Large ground floor Events Room to hire



### First floor Board Room to hire



### Small & medium meeting rooms plus a large events room, perfect for training days and presentations

- ✓ All profits benefit the charity
- ✓ Friendly & welcoming
- ✓ Excellent value for money
- ✓ Easy access & free parking
- ✓ Available 7 days a week



Managed by  
**Battle Scars**  
Charity no 1177020

Onward House  
Millshaw Park Way  
Leeds LS11 0LS

### Contact Us

[onward@battle-scars.org.uk](mailto:onward@battle-scars.org.uk)

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