

Battle Scars BU ET

August 2024

w: battle-scars-self-harm.org.uk

e: info@battle-scars.org.uk





Battle Scars has had the impact of its current services and its future ambitions recognised through its selection as a 2024 Weston Charity Awards winner.

It will see the Leeds-based charity awarded with a team of businessexperts and funding to tackle social and environmental challenges.



Pictured with the award is Battle Scars' founder and CEO, Jenny Groves, with Chair of the Board of Trustees, Jean Birch

The award gives Battle Scars the chance to invest in its future with strategic planning support from a dedicated team of four business experts, thanks to pro bono charity Pilotlight, and a core grant of £6,500 from the Garfield Weston Foundation.

Battle Scars was chosen from over 180 applicants, all of which are frontline charities delivering youth, welfare, community or environment services in the North of England, the Midlands and Wales.

Battle Scars' founder and CEO, Jenny Groves said: "The award couldn't have come at a better time as Battle Scars currently moves into its first-ever Head Quarters, where we are setting up a brand-new mental health and wellbeing hub with other third sector partners to provide a one-stop hub for both service-users and professionals. This award will give Battle Scars the security to reinforce our team's professional development, creating new opportunities to enhance the services we offer to people of all ages who are

affected by self-harm, and ensure our team of volunteers continue to receive quidance and direction for their continued knowledge-building and understanding within their roles."

Ed Mayo, Chief Executive of Pilotlight, the charity which is connecting Battle Scars with a team of coaches drawn from a range of businesses and other organisations said:

"The Weston Charity Awards provide a lifeline to smaller charities on the frontlines of changing social and environmental needs. Pilotlight is excited to offer our expertise in helping charities develop strategic plans for the future, ensuring they can maximise their impact and navigate uncertainty."

If you'd like more information about **Onward Mental Health & Wellbeing Hub please <u>contact</u>** Jenny Groves



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SKILLS WORKSHOP

Battle Scars is delighted to announce that we are now able to offer Skills Workshops on

Dialectical Behaviour Therapy

Learn about the skills offered as part of DBT treatment and put them into practice

Before you book check you're

available to commit to attend each workshop pair

To attend: you need to already be attending Battle Scars Virtual Peer Support Groups



Remember, you are being taught skills; this is not therapy

> Paired workshops: 1: learning skills; homework set: 2: homework feedback

> > You will be sent more details by email with booking instructions

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

NEW DBT Skills Workshop, initially open to people who registered to attend peer support groups, ran for the first time on 12 & 19 July. There will be more opportunities to attend this workshop in due course. For more information click



ANNUAL GENERAL MEETING

A HYBRID EVENT

MONDAY 14 OCTOBER 2024 at 6.30pm

Food will be available between 5.30-6.30pm

Onward Mental Health & Wellbeing Hub

Onward House Millshaw Park Way Leeds LS11 OLS

Parking available. Walking distance from White Rose shopping centre

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

Supporting the families of people who self-harm

A safe place to:

- ask questions
- **Ø** share concerns
- ask for advice
- and to be with people who understand





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

The parents and families group will continue to run through August but only on a Tuesday, the 6th & 20th August.

The Monday group will resume in September. Člick here for more info.



Thank you



Lancashire mpany

who raised £1,625 for Battle Scars

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PEER SUPPORT GROUPS WHERE & WHEN

FACE-2-FACE SUPPORT GROUPS

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Battle Scars

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



Lovell Park Hub Wintoun Street, Leeds LS7 1DX 6.30-8.30pm

Every Monday* (*not bank holidays)

No booking, no referral, just drop in

VIRTUAL ADULT PEER SUPPORT **GROUPS UK-WIDE**

ADULTS ONLINE PEER SUPPORT 'STANDARD'

GROUPS Mondays 6.30-7.30pm

Tuesday 1-2pm

Wednesdays 6.30-7.30pm

Thursdays 6.30-7.30pm

Fridays 1-2pm

DROP-IN FOR ADULTS IN LEEDS

Tuesdays at Vale Circles Hub, 12 Tunstall Road, Leeds LS11 5JF Wednesdays at Lovell Park Hub, Wintoun Street, Leeds LS7 1DA 6.30-8pm every TWO weeks

NEW! starting 18th July every Thursday at **Onward House** 12.30-2pm with social time from

11am-12.30pm & 2-2.30pm No booking, no referral, just drop in **COMING SOON** New services at Mental Health & Wellbeing Hub

a new group for older adults (50+)

· a support group for family and friends of people who self-harm

'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 (not Aug) & Tuesdays 6 & 20 Aug 6.30-8pm





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Battle Scars' Volunteer Manager, Emily Gardiner, talks to...

Face-to-Face Peer Support Group Coordinator start with Battle Scars?: June this year!
n interesting fact! I am a qualified nail technician - though I hate doing nails!

Hi Olivia. You recently joined the Battle Scars staff team as our Face-to-Face Peer Support Group Coordinator. Here's the big question –

Battle Scars has been there for me when I've not had anywhere else to go. At the times when I don't feel like I can speak, participate, or interact in any way, Battle Scars has always been a safe place for me.

is it about the role that intereste

I thoroughly enjoy going to groups - they're one of the few places I feel like I can be me, and to be more involved seemed like a great opportunity. I will be the first point of call for any of our face-to -face volunteers, I will attend events to promote Battle Scars, and support the service as best I can. a volunteer, or as yourself, you're more

It might have been easier had I been a volunteer first! Navigating it around my other roles, and getting set up, has been a juggling act, but I'm finding my feet, and I'm feeling more involved. It's exciting to see where Battle Scars is heading, as well as seeing Battle Soars' new Head Quarters come to life, ready to meet its first face-to-face group there on 18th July!

What do you think is going to be the biggest **challenge** in your role?

I've always had a very busy life, so I need to be organised, and communicate effectively with others. With these skills, we're off to a flying start, however, I'm aware that maintaining them is tricky.

Tell us a little bit about you!

I've danced since I was 3, doing tap, ballet, modern and theatre-craft. I've pretty much done every exam up to my teachers qualification. I love DIY and you can usually catch me down a rabbithole of watching either home improvement, DIY, cooking or cleaning videos! I did my degree in Counselling and Mental Health and have worked within mental health settings for years. You can

usually find me somewhere laughing at my floppy, foolish, pooch, Milo.

If someone is reading this article and is thinking about volunteering with Battle Scars, what words of advice do you

Attend a group, talk to volunteers, talk to staff, and go for it! We always work at your pace and make sure you're supported in whatever you'd like to get involved in. You're never on your own with Battle Scars - I'd like to say we're a team but we're more of a family. The support you get from your peers/colleagues is secondto-none, and whether you're attending as than welcome. Volunteer



If you're interested, please contact us

and a DBS check.

https://www.battle-scars-self-harm.org.uk/volunteer.html





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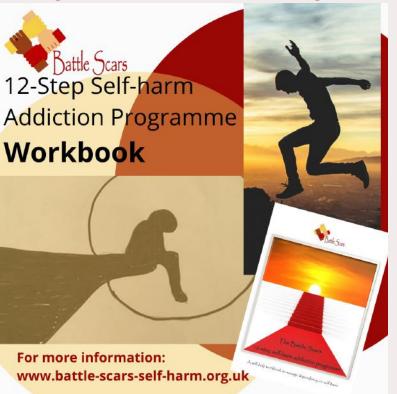






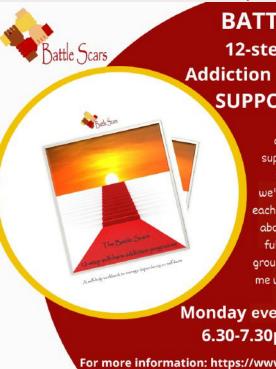
RESOURCES

Battle Scars Self-harm Addiction Programme Workbook for adults, and for young people aged 10-17 wishing to manage their self-harm





*admin fee and p&p charges apply to adult workbook only



BATTLE SCARS 12-step Self-harm **Addiction Programme** SUPPORT GROUP

" I attend the online addiction programme support groups and find them really useful as we're able to go through each part slower and talk about anything we don't fully understand. These groups have really helped me with the programme"

Monday every four weeks 6.30-7.30pm (UK-time)

For more information: https://www.battle-scars-selfharm.org.uk/addiction-programme.html

Battle Scars Discovery Journal

A free workbook for 10-17 year-olds wishing to manage their self-harm.

Instructions on how to order are on our website, and must be ordered by the young person. A PDF copy is also available to download.

https://www.battle-scars-selfharm.org.uk/i-self-harm.html



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

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Do you feel worried, alone, or maybe overwhelmed with what's been happening recently?



Are you moving up a year with a new teacher?

Maybe you're moving from Primary to Secondary School?

Are you keeping your self-harm or eating disorder a secret?

Battle Scars is offering you a FREE copy of the **Discovery** Journal for young people aged 10-17. Order your copy now via the Battle Scars website



There's no referral no assessment no judgement no waiting list

Battle Scars is here for you

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



Maybe you're about to leave school and are soon to start college, or you'll be leaving home for the first time and are off to Uni

Reach out Get support from Battle Scars







WHAT IS IT?

A bag or box containing the items a person uses to self-harm as well as items to make the act of self-harming as safe as possible



REMEMBER

There is NO safe self-harm with overdoses, self-poisoning, similar internal self-harm and ligatures

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





DO WE ENCOURAGE IT?

SAFETY: it reduces the risk of infection from self-harming CONTROL: encourages the owner to take control of their behaviour RESPONSIBILITY: of looking after wounds and taking ownership SELF-CARE: encouraging care of own injuries

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