

**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 business-experts 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 guidance 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 contact Jenny Groves**





# NEWS & NOTICES

August 2024

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

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



## NEW 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



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

**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



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



You will be sent more details by email with booking instructions



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

## Supporting the families of people who self-harm

A safe place to:

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



## UK-wide support group



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

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. Click [here](#) for more info.

**SAVE THE DATE**



## 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 0LS

Parking available. Walking distance  
from White Rose shopping centre



**Onward**  
Mental Health Hub

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



Battle Scars says

Thank you



Lancashire  
Mead  
Company

who raised £1,625  
for Battle Scars

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



# PEER SUPPORT GROUPS WHERE & WHEN

## FACE-2-FACE SUPPORT GROUPS 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**  **Onward**

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**



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

**Name:** Olivia

**Role:** Face-to-Face Peer Support Group Coordinator

**When did you start with Battle Scars?:** June this year!

**About you – an 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 – why did you want to work for Battle Scars?**

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.

**What was it about the role that interested you?**

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.

**How have you found the role so far?**

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 Scars' 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 rabbit-hole 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 have for them?**

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 second-to-none, and whether you're attending as a volunteer, or as yourself, you're more than welcome. [Volunteer with Battle Scars](http://www.battle-scars-self-harm.org.uk/volunteer.html)



## VOLUNTEERS URGENTLY NEEDED

Various roles based at our new premises in south Leeds, from facilitating various groups and activities, to helping with the garden. Full training and support provided.

Applicants must be 18+ Current lived experience of struggling with self-harm is required. There is a full application and selection process and a DBS check.


**If you're interested, please [contact us](http://www.battle-scars-self-harm.org.uk/volunteer.html)**



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



# RESOURCES

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

 **Battle Scars**  
**12-Step Self-harm  
Addiction Programme  
Workbook**



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

 **Battle Scars**  
**BATTLE SCARS**  
**12-step Self-harm  
Addiction Programme  
WORKBOOK**  
**PROFESSIONALS'  
EDITION**



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

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

 **Battle Scars**  
**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-self-harm.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-self-harm.org.uk/i-self-harm.html>



## 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**

Battle Scars supports anyone of any age & gender who is affected by self-harm or an eating disorder, with online peer support groups for adults.

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

**Battle Scars is here for you**



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**



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

## Crisis Card

Developed by Battle Scars service users who have experienced severe mental distress



Just show the Crisis Card to those trying to support you

The Crisis Card gives you the opportunity to have a say in your care even when you can't speak

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



It's hard to express your needs when in crisis



## Safe Self-harm Kit

Proven to reduce, rather than encourage, self-harming behaviour

### 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



### WHY

#### 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

### REMEMBER

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



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