

Onward

Mental Health Hub

A lot of work is going on in Onward, House, our new hub. Volunteers from Flutter, Yorkshire Water and Daisy UK alongside our own volunteers, supporters, and staff are bringing the downstairs nearer completion. I'll be very happy to see the scaffolding on the staircases go and gain decent access to the upper floor so we can start decorating. I've always enjoyed DIY but I think I'll have had my fill after this! We hope to move in soon and make the hub operational even though there is still much work to be done upstairs. The ground floor events room will hopefully be available to hire before long too, a large bright room seating up to 100.

As if we didn't have enough on, a few new projects are on the horizon that will benefit our virtual group members, adults in Leeds, and young people in York. Top priority right now is to expand our staff team and ensure our volunteers – the amazing people that deliver the majority of our services – continue getting the support they need.

JENNY GROVES Founder & CEO



Time for a well-earned cuppa!

A very big "thank you" to 12 members of the Daisy Corporate Services People Team who used a Helping Hands volunteering day at Battle Scars' new premises, painting and decorating the large annexe of Onward House.



Bulletin



NEWS AND FEEDBACK

Battle Scars has been running trial sessions of its new DBT Skills workshops, which have been an overwhelming success and are looking forward to rolling these workshops out to staff, volunteers and individuals who use our services in the near future (dates to be confirmed).

"Last week's session was brilliant and made a lot of sense and reiterated that DBT does work"

"It was more balanced, less therapist-client relationship, more teamwork and learning from each other which feels more effective"

"Doing it on Zoom has been really helpful; I can feel self-conscious, so being able to have my camera off meant it was less stressful"

"There was no judgement, and there is a different level of understanding coming from peers than from therapists"

6 WORKSHOPS:

'WRITING FOR WELLBEING'

WITH SPECIAL GUEST HYWEL

The 'Writing for Wellbeing' workshop, hosted by special guest Hywel, went really well last week. The workshop was the first of six sessions taking place this Spring, and from the feedback received from those who participated, it was an inspiring session.



"It felt like an open and safe space to express myself"

"Hywel did a great job of explaining what to do...it was at just the right pace"

"It was really interesting how easily the ideas came when we were given a starting point."

"It gave me inspiration and I'm looking forward to the next session"

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This exceeded my expectations. Made me look at things from a different perspective. Thank you!

To hear genuine, on-going personal stories along with advice & explanations created one of the best training I have had.

Battle Scars deliver training that is unique, open, honest, and even raw and emotive. We talk from personal experience and bring in the collective Battle Scars knowledge to provide insights and information that cannot be found in a textbook. Our training provides the opportunity to ask the questions that you often want to ask.

Extremely informative and has definitely changed my thought process of how best to help those with self-harm tendencies. And misconceptions.

As someone who works closely with CYP who very often turn to SH, I have really appreciated your compassion, openness, acceptance AND common sense around the issue, as this is often lacking.

This training built on knowledge I already had. However, it gave me a much broader understanding of self-harm and diversity.

Very insightful! Feel more comfortable supporting students with autism who self-harm.

Very useful. Particularly the part about not substituting self-harm for the 'lesser' e.g. elastic bands & ice cubes. I've always shied away from recommending these things, as it didn't feel right. Good to know that was the right instinct.

TRAINING FOR PROFESSIONALS

from only £30pp
BOOK NOW to secure a place

Thursday 14th March
2-hour Q&A session on Self-harm 1.30-3.30pm
Tuesday 9th April
1-day training workshop on Self-harm - 9.30-3pm
To book: <https://www.battle-scars-self-harm.org.uk/training-about-self-harm-or-eating-disorders.html>



TRAINING FOR PROFESSIONALS

WHEREVER YOU ARE IN THE UK

See our website for training dates or get in touch to check availability for private group training

SELF-HARM
Trainer:
Jenny Groves



We offer training on self-harm with virtual or face-to-face, 1-day or 2-hours, individual or private bookings

Battle Scars is happy to hold short sessions (20 mins to an hour) as an introduction to: mental health services, other charities, GP surgeries, schools, job centres, private companies etc. during team meetings or staff training days

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

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"I've found my tribe"

- a Battle Scars Volunteer

Battle Scars Volunteer Manager, Em, is excited to be training the next cohort of facilitators in April. Battle Scars offers in-depth training to all our facilitators, alongside continued support and development opportunities.

Em says *"The role of facilitator in our peer support groups is incredibly important – this is where the charity began, bringing people together and offering support from individuals who have had similar lived experiences."*

"Our facilitators are able to develop creative ideas for topics and develop skills around how to facilitate groups, and how to support others who are struggling with their mental health. They are part of a team of individuals from across the UK who take great pride in facilitating our groups, and there is a real sense of belonging that we are keen to continue to foster."

Does this sound like something you might be interested in doing? We have some spaces available on our April training dates, for the role of facilitator in either our virtual groups or in the face-to-face groups we run in Leeds. If you'd like to learn more, please click: <https://www.battle-scars-self-harm.org.uk/volunteer.html>

"Being a Battle Scars volunteer has been really good as I get support from other volunteers, and being able to give back and support others has been really great. I started out using the Battle Scars groups for myself and I am now a facilitator; someone once said to me that it was really nice seeing someone go from being someone who uses the service to someone who now facilitates groups. I've learned how to plan and deliver topics, I've gained experience in facilitating and gained confidence in running groups. There are also opportunities for me to work in other facilitating teams when groups need cover. I've been able to help with other things in Battle Scars too, like being a part of a social media focus group and attending trial runs of training so I can give feedback on the training that is being developed. I understand what people are going through and this helps me to be a good facilitator." ~ Chase

Bulletin

“I struggled with anorexia when I was 13 year old”

I lived in toxic and abusive household. I grew up in a very cultural household where my voice was never heard and most of my choices were made for me. I got called ‘ugly’, ‘fat’ and ‘useless’. I started to become depressed and started to believe to I was ugly, fat and useless.

“Not eating was my way of coping”

I started to reduce my meals and my snacks. For me, not eating was my way of coping with things that was happening around me and I felt it was the only thing in my life that I had control over.

As I started my during into adulthood I ended up in my own toxic relationship, which where again I got called ‘fat’, ‘chubby’ and ‘revolting’. The words used triggered how I felt in my younger age, which continued me not to eat or if I did eat I would make myself physically sick. This and other factors in my life hit an old time low for my mental health. I started to become ashamed, isolated myself and avoid going to social outings with others if food was involved. My physical health also took an Impact due to my eating disorder.

As I left my toxic relationships and started my recovery at the age of 24, I started to learn to love myself. I started a gratitude

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



journal about the things I love about myself. At first it wasn’t easy for me to do, but the more I did it, the more easier it became. I also started to do positive affirmation about myself such as ‘I am good enough’, ‘I love myself’. I even sought out help from a dietician and counsellor.

“I have beaten my eating disorder but know I fight a different battle”

Four years on from the start of my recovery, I have beaten my eating disorder but know I fight a different battle. Now that I am on a healthy BMI scale and have put on healthy weight, I know get people assume that I am pregnant or get asked how many weeks I am or get asked if this my first. There have been moments when I hear these comments and I want to relapse or start to believe again that I am fat or chubby or worthless. But I tell myself “my worth is not defined by the scales” and “I am enough, just the way I am”.

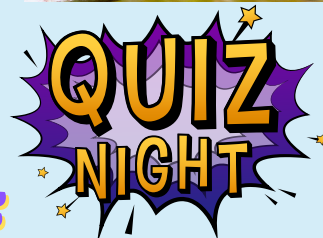
If you are in recovery from your eating disorder, I hope you are learning to heal, love and accept how amazing and brave you are. If you’re not quite at recovery just yet, that’s ok. Just remember asking for help is never a sign of weakness. It’s one of the bravest things you can do.

Remember, be your own kind of beautiful !!!

Bulletin



ONLINE
SOCIAL
GROUP



ONLINE
BAKING

NO-BAKE CAKE

CORONATION
LEMONADE SCONES

FESTIVE
SCAVENGER
HUNT

OODLES OF
DOODLES!
It's national Doodle Day!



CRAFTS

Here's what we've been doing in the Battle Scars Online Social Group. We meet once a month with a different theme each time, led by people who attend the online peer support groups.

BRAVERY
ANXIETY
TOGETHERNESS
TALKING IT OUT
LEARNING
EMPATHY
SUPPORT
COMPASSIONATE
APPRECIATION
RESOURCES
SELF-HELP



LET'S CELEBRATE
PRIDE
MONTH

JUNE IS PRIDE MONTH! COME ALONG AND
CELEBRATE THE END OF PRIDE MONTH BY
TALKING ABOUT ALL THINGS PRIDE!



Battle Scars says

Thank you

Landsec Futures
Community Grants



for the £2,000 grant

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



Battle Scars says

Thank you



Masonic
Charitable Foundation

For Freemasons, for families, for everyone

for matching the £2,500 grant
received from the
Freemasons of Yorkshire

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

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Here are some simple strategies to help with raising funds for Battle Scars.



BATTLE SCARS NEEDS YOUR SUPPORT

Our aim is to

- break down the stigma
- raise awareness
- dispel the myths
- support those affected by self-harm irrelevant of gender age, background and location



DONATE NOW

Battle Scars is registered with CAF (Charities Aid Foundation) and can take one-off debit and credit card donations from as little as only £3 per month, quarterly or annually via the Battle Scars website

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

Registered charity No 1177020 England & Wales and SC052466 in Scotland

become a member



support Battle Scars

- take part in the running of the organisation
- vote for trustees and any changes to our constitution
- voice your opinions and ideas
- receive a quarterly update on our work



To become a member go to:

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

with the option to set up an annual review available



Battle Scars

Our volunteers also participate in sponsored events whenever they can.



Battle Scars We're part of the Co-op Local Community Fund

Battle Scars 16-25s Self-harm Peer Support Group, which meets every Monday 6.30-8pm in Leeds, is part of the @Coopuk Local Community Fund, to find out more about our project and to choose us as your cause, click here

<https://membership.coop.co.uk/causes/76055>

coop.co.uk/membership



Supporting people of all ages and genders who are affected by self-harm

Show your support by wearing a Battle Scars wristband



www.battle-scars-self-harm.org.uk/wristbands.html

Various sizes £1 each

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

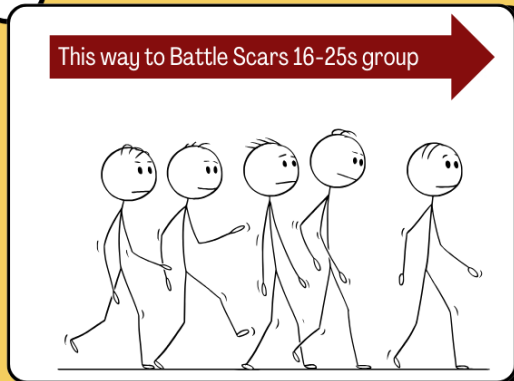
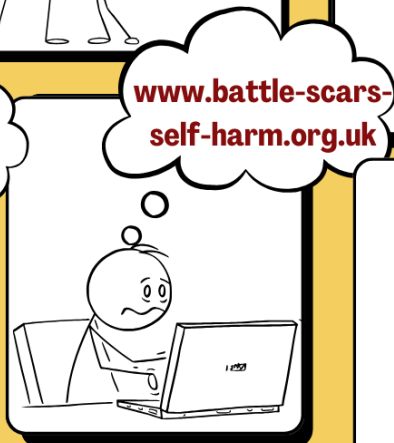
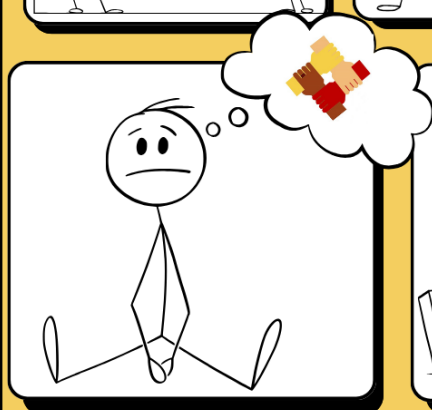
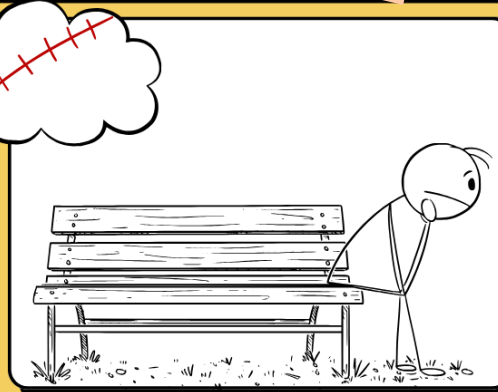
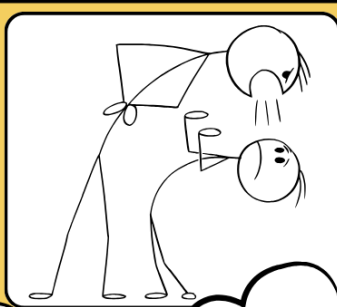
Registered charity in England & Wales No. 1177020 and Scotland No. SC052466

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Self-harm support for young people living in Leeds aged 16-25

You can drop-in whenever you want. This is not a course, so you don't have to attend every week.



A weekly drop-in, no referral, no assessment, no waiting list, no booking, just turn up 6.30-8pm Lovell Park Hub, Wintoun St, Leeds LS7 1DX Every Monday

Self-harm support for young people in Leeds aged 16-25



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



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SUPPORT for
young people
throughout
the UK

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

Have you moved up a year,
and got a new teacher?
Maybe you've moved from
Primary to Secondary School?

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

If you've answered
yes to any of these
questions and you
live in the UK, you
can order the
Discovery Journal
online for free



Discovery Journal
A free workbook for 10-17
year-olds wishing to
manage their self-harm
www.battle-scars-self-harm.org.uk



**ARE YOU BETWEEN
10 AND 17 YEARS OLD?**



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



Do you
feel alone,
worried, or
overwhelmed?



Are you back
at school or
started college



Do you do
things that
cause your
body and
mind harm,
including not
eating properly?



Do you
sometimes
feel like
hurting
yourself?

Would you like to change
all or some parts of
this behaviour?

If you said..... **YES!**

**YOU CAN ORDER THE
DISCOVERY JOURNAL
FROM THE BATTLE SCARS
WEBSITE**

[www.battle-scars-self-harm.org.uk/
workbook-for-10-17-year-olds.html](http://www.battle-scars-self-harm.org.uk/workbook-for-10-17-year-olds.html)




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


**YOU CAN SEARCH
ONLINE FOR
BATTLE SCARS**



**THE DISCOVERY JOURNAL IS FREE
IT WILL BE POSTED TO YOU IN A
DISCREET PADDED ENVELOPE
WITH NO MENTION OF
BATTLE SCARS OR SELF-HARM**

**WHAT IS THE
DISCOVERY JOURNAL LIKE?**


The Discovery Journal is
aimed at young people
aged 10-17 who self-harm
in some way



Use the journal in the
way that helps you most:

- from start to finish
- or dip in and out focusing on
the sections you find helpful

The journal will help
to support you when
you're struggling



It will also help you
explore ways to reduce
how frequently you self-harm
and even help you to stop

The Discovery Journal is not a
'cure' or a sure way to stop
self-harming...

...but a way to build
healthier tools that
work for you to
manage your
self-harm and
put yourself
on a better path




Battle Scars

Discovery Journal

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




Battle Scars

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

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This programme was developed by adults with lived experience of self-harm to support other adults struggling with similar issues.

The workbook is 142 pages, full of questions to ask yourself, activities to increase your self-awareness, things to think about, and ideas to help you.

“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”



See yourself progress through the work-book with regular monthly online support for anyone who requires help with any aspect of this work-book.

Bulletin

ONLINE PEER SUPPORT GROUPS

For adults of any age and gender who are affected by Self-harm. There's no referral, no assessment, no waiting list, and no judgement.



When do groups run?

Our online peer support groups are available most days of the week Monday, Tuesday, Wednesday, Thursday & Friday, and there's afternoon and evening groups. Please check the website for times and how to join a group

A safe place to share concerns and be with people who understand

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

Unfortunately the stigma surrounding self-harm is still strong, making it hard to talk about it and not the sort of topic you casually discuss with your neighbour or colleague.

This results in family and friends of people who self-harm becoming isolated and trying to both contain the situation and support their loved one.

"I was very nervous the first time I attended. I wasn't sure what to expect and I was afraid of being judged. Also, I was worried it was going to be really depressing and upsetting. However, I find the group really supportive and a safe space to talk about anything. It was good to hear from others going through the same thing." - **a service user from an online peer support group**

"I felt the connection with the other mums, it was so good to hear their stories. I've never had a chat with mums of adolescents who self-harm and I think it was a massive relief to meet them and found out there are more families living similar stories. I felt their profound pain, worries, self-doubts, courage, frustration, hopelessness, sadness, and so on. I'm looking forward to being able to share my experience and help with all that I can. The facilitator was amazing!!!! I learnt lots from her." - **Mum attending the Families group**

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



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

UK-wide support group

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**FACE-2-FACE
SUPPORT GROUPS
IN LEEDS**

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

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

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 LEEDS ADULTS

Tuesdays at the Lovell Park Hub,
Wintoun Street, Leeds LS7 1DA

Wednesdays at Vale Circles Hub,
12 Tunstall Road, Leeds LS11 5JF

6.30-8pm every TWO weeks

**No booking, no referral,
just drop in**



'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

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