

#EverySingleOneOfUsMatters

OCTOBER 2025 w: battle-scars-self-harm.org.uk e: info@battle-scars.org.uk





Bulletin

"We are all experiencing challenging times, financially, socially and politically", writes Jenny Groves, Battle Scars' Founder & CEO

In the voluntary sector the huge drop in funding is resulting in more and more charities closing down which I, personally, think is very sad. After quite a few months of uncertainty here at Battle Scars, we seem to be stabilising and, not only have we managed to keep all services going, we made no changes that would affect those we support. We even introduced a new group, the Rainbow Collective, for LGBTQ+ people over 18 who self-harm.

Our staff and volunteer team, made up of people with complex mental health, neurodiversities and disabilities, have been amazing and kept everything going. I am so grateful for their commitment and hard work. We are constantly recruiting volunteers from across the UK for both face-to-face and virtual services, people who either selfharm according to our definition:

- :..any harm we do to our bodies or minds'

- or care for someone who does.

We do what we can to support other organisations – one of the best things about our sector: we all like to help! Our two free webinars this month - see page 2 - will provide some guidance about how best to respond to self-harm. Plus, we've not increased our professional training prices, keeping them affordable, while we keep refreshing and enriching all our courses with more insights, and we're keen to share our learning with others.

We have also set up an alumni group for those who complete our self-harm training, so the learning doesn't stop at the end of the course.

Our Onward Mental Health & Wellbeing Hub is now fully operational with a wide range of organisations delivering services from here.

We spent the summer making our outdoor spaces usable and just as we made them so, the weather

turned! We're still hoping to do a bit more work before winter fully sets in.

Our rooms for hire, two medium and one larger meeting rooms, and our large events room are used almost daily making the hub even more vibrant. Everybody's

picking up the hub's calming, and relaxing energy as they come through the door.



If you're in Leeds, drop us an **email** and come have a look around. We are always keen to network so don't hesitate to contact us wherever you are, happy to connect.















Battle Scars SELF-HARM: WILL YOU RESPOND OR IGNORE?



CLICKTHE LINK TO BOOK

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



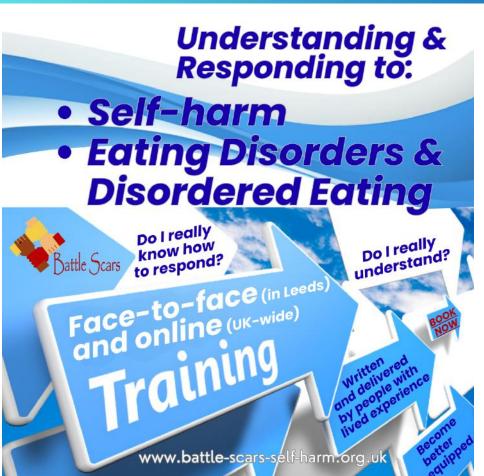
THURSDAY 9 OCTOBER 2025 at 1pm

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 FREE 45-minute webinar

"RESPOND OR IGNORE? How confident are <u>you in responding</u>

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











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 House, Millshaw Lane, Leeds LS11 0SL

Private sessions also available

Contact us to discuss your needs

NEW TRAINING DATES FOR AUTUMN 2025

UNDERSTANDING & RESPONDING TO SELF-HARM Wed 3 Dec (F2F) Wed 10 Dec (Virtual)

UNDERSTANDING & RESPONDING TO EATING DISORDERS / DISORDERED EATING Tue 14 Oct (Virtual)



NOTICEBOARD











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



REMINDER!

JOIN THE BATTLE SCARS MAILING LIST!!





FACE-2-FACE PEER SUPPORT



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

6.30 - 8pm

TUESDAY - ADULT 18+ SUPPORT GROUP 6.30 - 8pm 7 & 21 OCTOBER

WEDNESDAY - FRIENDS & FAMILY, PARENTS & ARERS OF PEOPLE WHO SELF-HARM 6.30 - 8pm

EVERY 2 WEEKS 8 & 22 OCTOBER

6.30 - 8pm

WEDNESDAY **EVERY 2 WEEKS 1,15&29 OCT**

THURSDAY - ADULT 18+ SUPPORT GROUP

WEEKLY GROUP Social time: 11am - 12.30pm Start of group:12:30 - 2pm please arrive on time

PORT GROUP for the over 50s

EVERY 2 WEEKS ON 10 & 24 OCTOBER

Start of social time: 11am - 12.30pm

Start of group:12:30 - 2pm please arrive on time

Social time: 2 - 2.30pm

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



Book a face-2face or virtual Intro session

#EverySingleOneOfUsMatters PER SUPPORT GROUPS Battle Scars WHERE & WHEN

Bulletin

OCTOBER 202! w: battle-scars-self-harm.org.u







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

VIRTUAL ADULT PEER SUPPORT GROUPS UK-WIDE

ADULTS ONLINE
PEER SUPPORT
'STANDARD' GROUPS
ALTERNATE
WEEKS
Mondays 6.3

Mondays 6.30-7.30pm Tuesday 1-2pm Wednesdays 6.30-7.30pm Thursdays 6.30-7.30pm

Fridays 1-2pm



Alternate Tuesdays at Onward Mental Health & Wellbeing Hub

Millshaw Park Way,

Leeds LS11 OLS

6.30-8pm

'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



Mental Health Hub No booking, no referral, just drop in at Onward House, Millshaw Park Way, Leeds LS11 OLS

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 <u>every 2 weeks</u> 6.30-8pm

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

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



of people of any age who struggle with self-harm

Alternate Mondays & Tuesdays 6.30-8pm

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Join one of our FREE 20-min webinars to find out more

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.

> www.battle-scars-self-harm.org.uk info@battle-scars.org.uk 07410 380747









Rooms for half or full day hire or for long-term rent



Above: Recently decorated, first floor office* for 2 people (Al furnished*)

Large ground floor **Events Room to hire**





Small & medium meeting rooms plus the 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

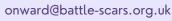
Right & below:

Very flexible and spacious first floor rooms for hire: to use as a work space*, and suitable for training workshops, team meetings, or for holding formal meetings















First floor Beacon Room to hire Board Room or Theatre style



