

# 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 self-harm 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.





# SELF-HARM: WILL YOU RESPOND OR IGNORE?



**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 (45 minutes) thought-provoking interactive webinar concluding with a short Q&A session 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)



**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 (45 minute) thought-provoking interactive webinar concluding with a short Q&A session where no questions are out of bounds

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 **THURSDAY 9 OCTOBER 2025 at 1pm**

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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  
you in responding  
to self-harm?"**

## Understanding & Responding to:

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



## 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

**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

OCTOBER 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)



Battle Scars

#EverySingleOneOfUsMatters



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)



## REMINDER!

JOIN THE  
BATTLE SCARS  
MAILING  
LIST !!



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

ALL GROUPS ARE NOW AT **Onward**  
MILLSHAW PARK WAY, LEEDS LS11 0LS Mental Health & Wellbeing Hub

Dates for  
OCT 2025

**MONDAY - FOR YOUNG PEOPLE AGED 16-25S  
WEEKLY GROUP** 6.30 - 8pm

**TUESDAY - ADULT 18+ SUPPORT GROUP** 6.30 - 8pm  
EVERY 2 WEEKS 7 & 21 OCTOBER

**WEDNESDAY - FRIENDS & FAMILY, PARENTS &  
CARERS OF PEOPLE WHO SELF-HARM** 6.30 - 8pm  
EVERY 2 WEEKS 8 & 22 OCTOBER

**WEDNESDAY** 6.30 - 8pm  
EVERY 2 WEEKS 1, 15 & 29 OCT 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 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](http://www.battle-scars-self-harm.org.uk)

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)

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





#EverySingleOneOfUsMatters

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

Real life  
experience  
truly valuable



Absolutely  
outstanding  
training



Excellent training!  
Well informed and  
interactive



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](http://www.battle-scars-self-harm.org.uk)  
[info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)  
07410 380747





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



**Above:** Recently decorated, first floor office\* for 2 people (AI 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



Managed by  
**Battle Scars**  
Charity no 1177020  
**Contact Us**  
Onward House  
Millshaw Park Way  
Leeds LS11 0LS  
[onward@battle-scars.org.uk](mailto:onward@battle-scars.org.uk)



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