

APRIL 2022

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BULLETIN

Battle Scars



Online adult self-harm peer support groups (UK-wide)

No referral, no assessment, no waiting

Monday evening 6.30-7.30 (next: 4 & 18 April)

Tuesday morning 11.30-12.30 (next: 12 & 26 April)

Wednesday evening 6.30-7.30 (next: 13 & 27 April)

Thursday evening 6.30-7.30pm (next: 7 & 21 April)

Friday morning 11.30-12.30 (next: 1, 15 & 29 April)

Friday afternoon 1-2pm (next: 8 & 22 April)

Sunday afternoon 1-2pm (next 10 & 24 April)

Peer Support Groups & 'Inbetweeners' <https://www.battle-scars-self-harm.org.uk/online-support-groups.html>

'Inbetweeners' an online adult peer support group for people who struggle with self-harm but do not (or rarely) act on the urges.

Thursday evening 6.30-7.30



Online peer support for **Parents/Carers/Families** of people of any age who struggle with self-harm
Tuesday 6.30-8pm
(next: 5 & 19 April)

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



Become a

Battle Scars Member



SUPPORT US

by becoming a

Battle Scars Member

from only £9 per year

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

Battle Scars is a survivor-led organisation and a registered charity in England & Wales No 1177020

NEW! FACE-2-FACE DROP-IN LEEDS PEER SUPPORT GROUPS

All groups take place every 4 weeks. No booking or referral required, just drop in. *You can attend as many groups as you like in the 4-week period.*

Wednesday 20 April 2022 6.30-8.30pm	Tuesday 26 April 2022 6.30-8.30pm
Lovell Park Hub Wintoun Street Leeds LS7 1DA	Vale Circles Hub 12 Tunstall Rd Leeds LS11 5JF
Future dates:	
18 May & every 4 weeks	24 May & every 4 weeks

Battle Scars
www.battle-scars-self-harm.org.uk
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07410 380747 (info & admin)

Battle Scars: ...Supporting people aged 16-25 who are affected by self-harm

Do you self-harm ... from scratching and cutting to overdosing, eating disorders, self-neglect and obsessive negative thinking?

Do you struggle with urges or self-harm addiction and need some support?

Are you trying to understand and manage your self-harm?

NEW Weekly Drop-in Support Group for young people aged 16-25
There's no need to book, just turn up
Where: Lovell Park Hub, Wintoun Street, Leeds LS7 1DX
When: Every Monday evening 6.30-8pm
At:

There's no referral, no waiting list, and no charge

Masks will need to be worn in communal areas and while moving around.

You are welcome to bring a friend for support.

At the moment, refreshments will not be available, so please bring your own soft drink.

Where possible, groups will be held outside in the enclosed garden, so wrap up warm.

Addressing Self-Harming in Leeds | Leeds Community Foundation | Leeds | West Yorkshire and Humber Health and Care Partnership

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BATTLE SCARS WRIST BANDS

Battle Scars Self-harm Support Charity

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



The wrist bands come in adult or junior sizes at £1 each (plus p&p). Order via the website:

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

