

BATTLE SCARS

England & Wales · Charity number 1177020

Details

Status Registered

Legal form CIO

Registered 2018-02-06

Register [View on the Charity Commission register](#)

Contact

Address Onward Mental Health Wellbeing Hub
Onward House
Millshaw Park Way
Leeds
LS11 0LS

Phone 07410380747

Email info@battle-scars.org.uk

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

Activities

Objects: TO RELIEVE THE NEEDS OF PERSONS AFFECTED BY SELF-HARM IN PARTICULARLY BUT NOT EXCLUSIVELY BY:(1) HOLDING SURVIVOR LED SUPPORT GROUPS FOR PERSONS AFFECTED BY SELF-HARM AND ANYBODY INTERESTED IN UNDERSTANDING SELF-HARM;(2) ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO SELF-HARM;(3) PROVIDE TRAINING AND PRACTICAL ADVICE TO:(A) PROFESSIONALS, STAFF AND VOLUNTEERS OF OTHER ORGANIZATIONS (PUBLIC, VOLUNTARY AND PRIVATE SECTOR) WHO DEAL WITH PERSONS WHO SELF-HARM;(B) PARENTS OF SCHOOL AGE CHILDREN, YOUNG PEOPLE AND ADULTS WHO SELF-HARM;(C) ANYONE WISHING TO ATTEND THE TRAINING OR TRYING TO UNDERSTAND SELF-HARM; AND(4) IN ANY SUCH WAYS AS THE TRUSTEES SEE FIT IN FURTHERANCE OF SAID OBJECTS.

Activities: We support anybody affected by self-harm: people of any age and gender who self-harm (from hair pulling to cutting and from overdosing to eating disorders), as well as those who support them (family, friends and professionals). We provide peer support, workshops, training, resources, advice. We are survivor led and run, are based in Leeds, West Yorkshire, but operate across the UK

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£156,700	£162,285	-	-
2024-03-31	£186,129	£126,108	-	-
2023-03-31	£110,920	£85,892	-	-
2022-03-31	£78,549	£39,456	-	-
2021-03-31	£23,780	£37,577	-	-

Trustees

Name	Role	Appointed
Jean Elizabeth Birch	Chair	2019-05-23
Aisling Eloise O'Brien		2025-02-21
GLENN WILLIAM GROVES		2018-02-08
Karen Lesley Johnson		2018-02-08

BATTLE SCARS

England & Wales - Charity number 1177020

Accounts

Battle Scars

Charity number England and Wales 1177020

Charity number Scotland SC052466

Annual Report and Financial Statements for the year ended 31 March 2025



WYCAS

COMMUNITY ACCOUNTING
WEST YORKSHIRE

Battle Scars

Annual Report and Financial Statements for the year ended 31 March 2025

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Prepared by West Yorkshire Community Accountancy Service CIO

Battle Scars

Trustees' report for the year ended 31 March 2025

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Jean Birch	Chair	
Tristan Batten	Vice-Chair	
Glenn Groves	Treasurer	
Karen Johnson	Secretary	
Clare Schmidt		Resigned 5 August 2024
Aisling O'Brien		Appointed 21 February 2025
Charity number	1177020 SC052466	Registered in England and Wales Registered in Scotland

Registered and principal address

Onward Mental Health & Wellbeing Hub
Onward House
Millshaw Park Way
Leeds LS11 0LS

Bankers

NatWest Bank plc
8 Park Row
Leeds
LS1 5HD

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) Association, formed on 6 February 2018 and governed by a constitution as amended on 27 October 2020.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Objectives and activities continued

The charity's objects

To relieve the needs of persons affected by self-harm in particular but not exclusively by:

Holding survivor led support groups for persons affected by self-harm and anybody interested in understanding self-harm;

Advance the education of the general public in all areas relating to self-harm;

Provide training and practical advice to:

Professionals, staff and volunteers of other organisations (public, voluntary and private sector) who deal with persons who self-harm;

Parents of school age children, young people and adults who self-harm;

Anyone wishing to attend the training or trying to understand self-harm; and

In any such ways as the trustees see fit in furtherance of said objects.

The charity's main activities

Adult peer support groups at various locations and times to increase self-awareness and a sense of belonging and decrease isolation. A system of no referral or booking is in operation so that anybody over 18 can attend whenever they're able to. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

On-line peer support for people 13 or over for quick access to support encouraging people to develop strategies and learn to manage their self-harming behaviour.

Training for professionals from a survivor's perspective providing them with hard to get insights so they can support others more effectively.

Workshops for under 18's to educate, provide them with better self-awareness and providing them with options to better manage life.

Discussion groups for carers/ friends to increase understanding and acceptance and decrease guilt.

On-line resources and printed materials to make disclosing self-harm easier, tools to understand the behaviour and information to break down the stigma.

Volunteer development programme to increase the volunteers' self-worth and confidence, to teach them skills and provide them with different experiences.

Running stalls/information sessions to increase awareness about self-harm and our services.

We encourage our volunteers and service users to actively take part in steering the direction the organisation is taking by expressing their ideas and needs, by suggesting improvements, designing printed material and requesting the sort of resources and information they'd like to see available to them, to their families/friends and to professionals. Feeling involved and listened to makes a big difference to them. We value their input and take all their suggestions into consideration. Some we reject if they are either incompatible with our objectives or unattainable (due to funding or structure) and provide explanations for this, some are acted upon quickly while others are included in future plans. The volunteers are making running our services possible and receive compulsory as well as additional optional training, regular supervision and expenses.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, the advancement of education and the advancement of citizenship or community development.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance

This was a challenging year for the entire sector affecting services, the workforce, even resulting in organisation closures. At Battle Scars we also had serious concerns about the charity's resilience and sustainability. Having spent 16 months working on the Onward Mental Health & Wellbeing Hub in order to fully utilise the building, took us away from other essential work like fundraising, networking and marketing our services. We had to reduce staff hours who, despite it all, not only rose to the challenge, but went above and beyond, and by working with our committed volunteers, ensured all services were unaffected. Their perseverance and hard work resulted in the opening and establishment of the hub and a 12% increase of direct beneficiaries over the year to just over 5,000.

Onward House became operational and officially opened its doors to the public on Thursday July 18th for the first peer support group in our own premises. The furniture had only just arrived and we still had scaffolding blocking the main staircase. Month by month, more of the building was finished and by the end of the financial year our rooms for hire were increasingly used and we had 4 tenants with only 2 rooms without long-term occupiers. It took some time getting used to working from the hub juggling Battle Scars and decoration/building repair work. We are very grateful to everybody who helped make the hub the welcoming, airy, safe space we envisaged. It has "put us on the map" and is helping us be more visible.

Three new groups were set up providing more options for those who self-harm and, for the first time, we are also running a face-to-face group for family of people who self-harm. We also delivered our training from our new base and ran other activities and events, like our AGM and the very successful 7th Battle Scars birthday party when we welcomed over 45 friends, showing them around the building while they did a treasure hunt, doing craft, playing with Lego, taking part in a raffle and sharing a massive cake!

Impact & Value

Adult services – face-to-face

A Mental Health Transformation grant funded the adult groups this financial year. The Tuesday evening group in Beeston remained well-used and showed a 7% increase in attendance. We made the difficult decision to close the Wednesday evening group near Little London. The demographics of this group had a large overlap with the 16-25s group which thrived this year, so we chose to close the lesser-used one. In July we launched the first group at Onward, a weekly daytime group with extra social time before and after. On its debut, it was extremely well attended thanks to volunteers and service users travelling long distances to support us.

A few months later, we launched a 50+ group to cater for the different needs of this age group. It had the slow start we expected but towards the end of the financial year showed a steady increase in attendance with everybody becoming a "regular".

Thanks to our volunteers, one of whom did her university course placement with us, we also ran a series of writing workshops.

Adult services – virtual

Our virtual support remains a lifeline for many. Overall, numbers were similar to last year: 1,875 attendance, 257 individuals used the groups and 209 groups run. Noticeable improvement was shown by the Inbetweeners group which had a 9% increase in attendance and the social groups with an 18% increase. Feedback for these groups remains exceptional. Thanks to a grant from the Foyle Foundation we recruited a Virtual Group Coordinator who also, voluntarily, compiled and delivered a course of DBT peer support workshops. Finally, thanks for Professor Hywel Dix from Bournemouth University we were able to offer the Writing for Wellbeing workshops for a second time.

Alongside these, the monthly Self-Harm Addiction Programme support group offered extra help to those working on the programme's workbook. Even though there was a reduction in orders, there was a marked increase in attendance of the virtual group (14%).

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance continued

Adult services – phone

We saw a large increase in FRESH referrals, up by 33% from last year. 59% were professional referrals, most from Leeds services with a notable number from Talking Therapies Cheshire. We were able to speak to 81% of people referred, some calls lasting a full hour. We are aware that sometimes the referred person may not be ready to have this conversation yet and may agree to the referral as a way to please the professional. Even if they self-referred, some experience cold feet, so despite our numerous attempts, we are unable to make contact.

All ages Facebook group

The online support group remains active, with posts ranging from crisis experiences to achievement sharing. The gender split is 83% female, 13% male and 4% “custom gender”. People are more likely to select the latter if it's a profile specifically created to access such support rather than if it's a public profile.

34% of all members are aged 25-34, 27% aged 35-44, 16% 45-54, 14% 18-24, 6% 55-64, 2% 65+ and 1% are aged 13-17. Due to the possible content, we do not recommend this group for under 16s.

Apart from using Facebook search, members stated they found the group through the 111 Sanctuary Buddy service, the Moray Parents Against Drugs group, Gipsil, the Autistic Girls Network, the Bradford & Craven Talking Therapies service, Ripple Suicide Prevention and the Bring Me The Horizon page.

Plans and aspirations

Due to the closure of the Vale Hub, the Tuesday evening face-to-face group will move to Onward from May. We will continue strengthening all the facilitator teams building up our volunteers' confidence. Thanks to a successful bid for a grant in the third round of funding for the Mental Health Transformation and being awarded a grant from Jimbo's Fund, the continuation of all our face-to-face groups is guaranteed. Even though we are not planning on introducing more same-model groups, the need has been identified for an LGBTQ+ group which, if funding is secured, will run alongside our other groups providing a safe space to explore LGBTQ+ issues.

Having raised the funds for a film licence we are also planning film matinees and evenings to encourage gentle social interactions. This year we'll put a lot more emphasis on marketing and advertising all we offer as well as networking with organisations from all sectors.

Young people and families

Discovery Journal

233 copies of the journal were posted this year. Since its launch in May 2023, 20% of these went to 14 year-olds, most of the others evenly distributed between 13 and 15-17 year-olds with 10 and 11 year-olds requesting 2% each. 77% identify as female, 15% as male and 8% as other (mostly non-binary but also trans and genderfluid). In terms of ethnicity, 90% are white, 4% mixed, 3% Asian and 1% Black/African/Caribbean.

It's becoming more and more apparent that there is a strong link between self-harm and neurodiversities with 33% declaring they're autistic, 28% have ADHD and 19% other neurodiversities (dyslexia, dyspraxia, AVPD).

We've received very high praise for this workbook from many young people, parents, school staff and other professionals.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance continued

16-25s group

We are thrilled with this group's progress showing a 75% increase in attendance this year, now a fully established group greatly valued by its members. Many young people regularly use this group appreciating the ethos of acceptance and openness, managing their anxieties, discussing difficult topics, exploring different perspectives and approaches. Having secured funding from Jimbo's Fund at the end of the financial year guarantees this groups continuation. Similar to our 18+ group in Beeston though, the Lovell Park Hub is also closing forcing the move of this group to Onward as, at least, an interim measure while we continue searching for a suitable venue.

Video for children and young people

The video was shown to over 2,000 young people across the UK and was also requested by a youth organisation in South America.

Family

We continued running the two virtual support groups for families and friends of people who self-harm. One of them ran throughout the summer holidays for the first time to continue supporting those who needed it. In addition, we started our face-to-face group at Onward (funded by a Mental Health Transformation grant). These groups' attendance has a varied pattern, sometimes very well attended, but as a rule, they are smaller groups. As discussions can get very "heavy", this can work very well for both members and facilitators. Feedback is extremely positive, many family members finding the help, insights and understanding they were looking for.

Plans & aspirations

Networking and spreading awareness will once again play a big part in increasing the use of our services. We're already developing closer working relationships with CAMHS and many organisations working with children and young people and we will focus on building stronger links with schools.

We will continue securing funding to cover the postage costs for the Discovery Journals while monitoring stock.

We are applying for funding to produce a professionally done video suitable for children and young people.

Training delivery

All our training is written and delivered by people with lived/living experience of the topic and shaped by the continued input of the professionals we train and have contact with. In September 2024 we launched a fully revised and extended, in-depth Understanding Self-Harm workshop, now 6 hours long. 2 months later we started delivering the Understanding Eating Disorders and Disordered Eating 4.5-hour workshop. In February 2025 we started delivering the Self-Harm in the Workplace workshop, aimed primarily at the private sector to increase wellbeing, understanding and acceptance in the workplace, support people affected by self-harm or disordered eating/eating disorders, provide further support around mental health and reduce the costs associated with the above. At the end of the year we launched the Autism and Mental Health and Self-Harm workshop.

The financial situation in the third and statutory sectors caused a reduction of training uptake. While we had a 43% decrease in virtual delivery of the Understanding Self-Harm workshop, we had a 6% increase in face-to-face delivery. The new Eating Disorders workshop was also extremely well received. Over the year, we trained just over 300 professionals.

The professionals attending worked for a wide range of organisations and included CAMHS Wigan, Catholic Care, Birmingham University, Youth Hubz, Leeds City College, Oxford Health, Well Women Wakefield, Leeds Women's Aid, AKT, Fujitsu, CDARS, Leeds Trinity University, Public Health Blackpool, NHS Wales, Yorkshire Ambulance Service, Basildon Mind, Royal Veterinary College, Woodkirk Academy, Autism Plus, Unipol Student Homes, Edge Hill University, University of Northampton, Department of Justice, Carers Leeds and many more.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance continued

Delegates indicated they experienced a 67% improvement in understanding of the topic with a 71% increase in confidence to support someone struggling with self-harm or an eating disorder. When asked whether they'd recommend us to their colleagues, we scored 4.8 out of 5.

Due to the many other commitments, we only delivered four webinars, two were private sessions, reaching approx. 200 people.

Plans & aspirations

The importance of marketing and spreading the word far and wide is obvious when it comes to the above and it's an area we will focus on in the new financial year. Income from training in a world of decreasing grant funding is vital to our sustainability. At least one new webinar/seminar is planned to both educate and advertise our services.

The Onward Mental Health & Wellbeing Hub

We are very proud to have created a welcoming, warm, safe environment at Onward House, very frequently praised by those who use it regularly or just visit. While our landlords, MunroeK, were investing large sums to carry out essential work and permanently solve problems, we were repairing walls, woodwork etc., redecorating to a high standard and creating comfortable spaces for groups, work and relaxation. The building was carpeted and furnished thanks to our landlords, Capita and with help from other organisations and individuals. By the end of the year and 350 litres of paint later, almost all the painting has been done, all internal repairs have been completed and all the rooms are set up. Most have long-term tenants, with only two rooms looking for occupants. Our building partners include the Middle Eastern Mediterranean Community, the Leeds Mental Wellbeing Service, the Leeds Community Healthcare NHS Trust and Unity Foster Care. Our bright, ground floor large events/function room is regularly used for meetings, training, staff inductions etc. attracting more bookings thanks to the room's airy feeling, access to the large kitchen and the 100" smart TV funded by the West Riding Masonic Charities Ltd. Around the building art, craft, photographs and poetry by our service users, volunteers and staff are proudly displayed adding to the building's warmth and individuality, celebrating effort and talent.

Special thanks for making the Onward Mental Health & Wellbeing Hub a reality:

MunroeK, NHS England, the Tudor Trust, Capita, Participate, Blacks Solicitors, the White Rose Shopping Centre, Landsec, West Riding Masonic Charities Ltd, Masonic Charitable Foundation, Simple signage, Mitie, Screwfix Foundation, Rank Foundation the Brelms Trust, Voluntary Action Leeds, Flutter, Daisy UK, Yorkshire Water, Sky, Forum Central and Hisense.

Plans & aspirations

While our rooms for hire – the events room, the upstairs board room and the Battle Scars group room – are bringing steady and increasing income, we, once again, recognise the importance of marketing and promoting what the building has to offer. Word of mouth is fortunately spreading fast simplifying this task. It's also essential to us that we find occupants for the remaining two rooms upstairs which could also be offered as individual desks for day/week/month hire.

Our plans also include using the space for fundraising, awareness raising and social events taking advantage of the many possibilities.

Work in Scotland

The virtual groups were attended 136 times by people based in Scotland (Edinburgh, Glasgow, Kirkcaldy, Kilmarnock, Dumfries, Falkirk and Galashiels) while there are over 45 people accessing the online support with a number of Discovery Journals being posted to children in Scotland.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Achievements and performance continued

We sadly were not able to strengthen our links in Scotland as much we'd hoped due to staff capacity, but we were able to connect with members of the Children's Hearings in Dumfries & Galloway panel, regularly attend the National Rural and Islands' Mental Health Forum meetings and we've had a few enquiries about delivering training to Scottish organisations. Individuals fundraised for us by doing the Kilt Walk and the Glencoe Challenge which funded the support and training of our Scottish volunteers helping with virtual services.

Plans & aspirations

We plan to deliver Scotland-only webinars to reach more people facing similar challenges. This approach will also help us build stronger relationships with Scottish organisations and enhance the support we offer to people in the area affected by self-harm.

Research

Relationships between Battle Scars and researchers are very strong, driven by our shared belief in the importance of well-conducted research for influencing policy and guiding strategy. Increasingly, researchers are approaching us at the early stages of their projects. While we occasionally raise reasonable concerns about interview or survey methods, or the language used, we always offer constructive suggestions, which have consistently been welcomed. Established researchers are also formally collaborating with us.

We collaborated with second-year Sociology students from the University of Leeds to engage diverse community leaders in Leeds and gather their communities' views on self-harm. This small project is helping to lay the foundations for shaping our future services to better meet these communities' needs. The people we work with are very eager to participate in research, especially knowing that we offer support whenever needed.

Other opportunities

As always, we take advantage of all opportunities to spread awareness by doing events, attending team meetings and doing introductions to Battle Scars or by doing radio interviews. Our monthly newsletter is sent out to over 2,000 people on our mailing list, providing them updates on services, news about Battle Scars, showcasing our work, as well as profiles on volunteers, fundraisers and staff. A quarterly bulletin with more organisational news goes out to supporters who have become members of the charity.

The website traffic has once again increased with over 37,000 unique visitors. We often receive praise for the range of resources available.

The Battle Scars workforce

Staff and volunteers worked hard, often exceeding their contracted hours, to manage the existing workload alongside building works, the implementation of new systems, and the adjustment to no longer working from home. Considering how much we struggle with change, we have to praise the way continuous change at a grand scale was managed. As things settle at the end of the financial year, we long for a some routine. Almost everyone in our small staff team (total 3.5 FTE) had to learn new skills with some jobs almost changing beyond recognition.

The volunteer team has had some changes as always, some have volunteered for years, others are only just trying out their roles.

Our board of trustees was reduced to 4 and then increased back to 5 with a 6th preparing to join. We are still recruiting trustees, especially looking for someone with many years' experience working in the private sector, particularly with marketing experience. The board is keen to evolve and explore new ideas with a strong sense of purpose at its centre.

The AGM was held later than usual due to the building works, in October, and took place at Onward using the large TV screen to connect with our members, staff, volunteers and supporters in other parts of the country. A new SWOT assessment was carried out at the meeting which will help us plan the future.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2025

Funding & strategic plan

As we use the remaining funds from the Tudor Trust's three-year grant, we are deeply grateful for their support over a total of six years. They have witnessed our growth and development beyond their expectations, and we were especially pleased that the grants manager was able to visit Onward, even while it was still a building site.

We also wish to thank all our funders for believing in us: the Brelms Trust, Focus Foundation, Lottery Community Fund, the Leeds Community Foundation Masonic Charitable Foundation, Screwfix Foundation, Foyle Foundation, Arnold Clark Community Fund, Garfield Weston Foundation, Rank Foundation and Landsec Futures.

Our priority last year was to make Onward House fully operational and ensure the continuation of existing services and establishment of the new ones. We were successful in being selected for the Pilotlight 360 programme due to conclude in August. The main goal we have set with the Pilotlighters for this year is to strengthen the organisation and focus on sustainability by diversifying our income — specifically by increasing self-generated income and reducing reliance on grant funding. While we still intend to take advantage of new opportunities as they arise, we will need to be cautious about expanding existing services or creating new ones.

Financial review

The net payments for the year were £5,585, including net receipts of £13,318 on unrestricted funds and net payments of £18,903 on restricted funds.

Reserves policy

To provide the organisation with adequate financial stability and the means to meet its charitable objectives for the foreseeable future. The trustees propose to maintain the organisation's unrestricted reserves at a level which is to three to six months' operational expenditure according to the Battle Scars' budget. This would equate to approximately £97,500 based on planned spending of £195,000.

The charity's free reserves, at the year end were £63,664.

Approved by the board of trustees on 11/07/2025

Jean Birch (Trustee)

Battle Scars

Independent examiner's report to the trustees of Battle Scars

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2025, which are set out on pages 11 to 15.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act;
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Simon Bostrom FCIE

11/07/2025

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Battle Scars

Receipts and payments account for the year ended 31 March 2025

	Notes	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Receipts					
Grants and donations	(2)	15,046	113,382	128,428	152,374
Fees and charges		16,097	-	16,097	29,433
Rental income		11,318	-	11,318	1,136
Memberships		177	-	177	153
Other income		680	-	680	3,033
Total receipts		43,318	113,382	156,700	186,129
Payments					
Salaries NICs and pensions		15,695	100,918	116,613	95,904
Payroll charges		1,328	-	1,328	1,188
Materials and resources		289	15	304	516
Travelling		594	956	1,550	1,455
Phone and internet		434	534	968	371
Printing and postage		799	351	1,150	4,513
Consumables		63	2	65	1,003
Equipment and materials		2,415	1,300	3,715	1,581
Food and refreshments		536	119	655	154
Rent and rates		286	11,374	11,660	6,057
Utilities		4,551	8,818	13,369	5,976
Insurance		757	-	757	497
Repairs, maintenance and refurbishment		623	7,598	8,221	3,103
Accountancy and Independent examination		924	-	924	630
Professional fees and DBS		473	300	773	3,160
Bank charges		233	-	233	-
Total payments		30,000	132,285	162,285	126,108
Net receipts / (payments)		13,318	(18,903)	(5,585)	60,021
Fund balances brought forward		50,346	74,159	124,505	64,484
Fund balances carried forward	(3)	63,664	55,256	118,920	124,505

Battle Scars

Statement of assets and liabilities as at 31 March 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	63,605	55,256	118,861	124,446
Cash in hand	59	-	59	59
Total cash funds	<u>63,664</u>	<u>55,256</u>	<u>118,920</u>	<u>124,505</u>

Debtors and prepayments

	2025
	£
Debtors	5,641
Prepayments	424
	<u>6,065</u>

Assets retained for the charity's own use

Laptop computer x2
Printer

Liabilities

	2025
	£
Accruals	924
	<u>924</u>

The financial statements were approved by the board of trustees on 11/07/2025

Jean Birch (Trustee)

Battle Scars

Notes to the accounts

for the year ended 31 March 2025

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Battle Scars

Notes to the accounts continued for the year ended 31 March 2025

2 Grants and donations	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Arnold Clark	1,000	-	1,000	-
Garfield Weston Foundation	-	21,500	21,500	15,000
Leeds Community Foundation	-	24,213	24,213	4,999
National Lottery Community Fund (NLCF)	-	20,000	20,000	10,000
OneStop	-	997	997	-
The Brelms Trust	-	5,400	5,400	-
The Co-op Foundation	-	1,972	1,972	1,289
The Foyle Foundation	-	8,200	8,200	-
The Morrissons Foundation	-	1,100	1,100	-
The Tudor Trust	-	30,000	30,000	30,000
Landsec Futures	-	-	-	2,000
NHS Leeds	-	-	-	70,000
Rank Foundation	-	-	-	1,500
Screwfix Foundation	-	-	-	5,000
The Albert Hunt Trust	-	-	-	1,500
The Focus Foundation	-	-	-	1,000
West Riding Masonic Charities Ltd	-	-	-	5,000
General donations	14,046	-	14,046	5,086
	<u>15,046</u>	<u>113,382</u>	<u>128,428</u>	<u>152,374</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
The Tudor Trust	7,842	30,000	30,764	-	7,078
Tudor Trust Wellbeing	70	-	70	-	-
Albert Hunt	1,500	-	-	-	1,500
NHS Leeds (Onward)	36,888	-	36,888	-	-
Foyle Foundation	315	-	315	-	-
Focus Foundation	209	-	-	-	209
West Riding Masons	2,500	-	2,500	-	-
National Masons	1,663	-	1,663	-	-
Rank Foundation	1,460	-	1,310	-	150
Screwfix Foundation	3,540	-	1,547	-	1,993
Leeds Community Fdn	4,999	24,213	14,351	-	14,861
Co-op Foundation	1,289	1,972	2,515	-	746
Garfield Weston	11,884	15,000	14,161	-	12,723
The Brelms Trust	-	5,400	5,400	-	-
Garfield Weston 2	-	6,500	570	-	5,930
Foyle Foundation	-	8,200	6,190	-	2,010
OneStop	-	997	936	-	61
NLCF Awards For All	-	20,000	13,105	-	6,895
Morrisons Foundation	-	1,100	-	-	1,100
	<u>74,159</u>	<u>113,382</u>	<u>132,285</u>	<u>-</u>	<u>55,256</u>

Battle Scars

Notes to the accounts continued for the year ended 31 March 2025

3 Restricted funds continued

Fund name	Purpose of restriction
The Tudor Trust	Towards the CEO's salary cost and rent.
Tudor Trust Wellbeing	Towards the cost of wellbeing.
Albert Hunt	To support people in prisons who self-harm.
NHS Leeds (Onward)	Towards the Self Harm Training project.
Foyle Foundation	Towards the production of workbook for children and young people.
Focus Foundation	Towards the costs of the Addiction Workbook program.
West Riding Masons	Towards the cost of onward Hub equipment.
National Masons	Towards the cost of onward Hub equipment.
Rank Foundation	Towards the cost of onward Hub set-up.
Screwfix Foundation	Towards the cost of onward Hub set-up.
Leeds Community Fdn	Towards the cost of addressing self-harm in Leeds.
Co-op Foundation	Towards the cost of 16-25s group running costs.
Garfield Weston	Towards the cost of infrastructure.
The Brelms Trust	Towards utilities costs.
Garfield Weston 2	Towards programme expenses for the Pilot 360 project.
Foyle Foundation	Towards the costs of the Virtual groups.
OneStop	Towards group expenses.
NLCF Awards For All	Towards volunteer development and management.
Morrisons Foundation	Towards sensory and garden equipment.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee expenses

No trustee received any other remuneration or benefit during this or the previous year.

Other transactions with trustees or related parties			2025	2024
			£	£
Name of trustee or related party	Relationship to charity	Description of transaction		
Jenny Groves	Wife of Trustee	Salary as CEO of the charity	44,925	39,142
			44,925	39,142

Authority for this employment is provided within the charity's constitution.

BATTLE SCARS

England & Wales - Charity number 1177020

Accounts

Battle Scars

Charity number England and Wales 1177020

Charity number Scotland SC052466

Annual Report and Financial Statements for the year ended 30 March 2024



WYCAS

COMMUNITY ACCOUNTING
WEST YORKSHIRE

Battle Scars

Annual Report and Financial Statements for the year ended 30 March 2024

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Prepared by West Yorkshire Community Accountancy Service CIO

Battle Scars

Trustees' report for the year ended 30 March 2024

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Jean Birch	Chair	
Tristan Batten	Vice-Chair	
Glenn Groves	Treasurer	
Karen Johnson	Secretary	
Clare Schmidt		Appointed July 2023
Charity number	1177020 SC052466	Registered in England and Wales Registered in Scotland
Registered and principal address	Bankers	
18 Alder Hill Avenue	NatWest Bank plc	
Leeds	8 Park Row	
LS6 4JQ	Leeds	
	LS1 5HD	

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) Association, formed on 6 February 2018 and governed by a constitution as amended on 27 October 2020.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Objectives and activities continued

The charity's objects

To relieve the needs of persons affected by self-harm in particular but not exclusively by:

Holding survivor led support groups for persons affected by self-harm and anybody interested in understanding self-harm;

Advance the education of the general public in all areas relating to self-harm;

Provide training and practical advice to:

Professionals, staff and volunteers of other organisations (public, voluntary and private sector) who deal with persons who self-harm;

Parents of school age children, young people and adults who self-harm;

Anyone wishing to attend the training or trying to understand self-harm; and

In any such ways as the trustees see fit in furtherance of said objects.

The charity's main activities

Adult peer support groups at various locations and times to increase self-awareness and a sense of belonging and decrease isolation. A system of no referral or booking is in operation so that anybody over 18 can attend whenever they're able to. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

On-line peer support for people 13 or over for quick access to support encouraging people to develop strategies and learn to manage their self-harming behaviour.

Training for professionals from a survivor's perspective providing them with hard to get insights so they can support others more effectively.

Workshops for under 18's to educate, provide them with better self-awareness and providing them with options to better manage life.

Discussion groups for carers/ friends to increase understanding and acceptance and decrease guilt.

On-line resources and printed materials to make disclosing self-harm easier, tools to understand the behaviour and information to break down the stigma.

Volunteer development programme to increase the volunteers' self-worth and confidence, to teach them skills and provide them with different experiences.

Running stalls/information sessions to increase awareness about self-harm and our services.

We encourage our volunteers and service users to actively take part in steering the direction the organisation is taking by expressing their ideas and needs, by suggesting improvements, designing printed material and requesting the sort of resources and information they'd like to see available to them, to their families/friends and to professionals. Feeling involved and listened to makes a big difference to them. We value their input and take all their suggestions into consideration. Some we reject if they are either incompatible with our objectives or unattainable (due to funding or structure) and provide explanations for this, some are acted upon quickly while others are included in future plans. The volunteers are making running our services possible and receive compulsory as well as additional optional training, regular supervision and expenses.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, the advancement of education and the advancement of citizenship or community development.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance

2023-24 was certainly a different year with extra time spent preparing our new premises. The, now officially named, Onward Mental Health & Wellbeing Hub is the biggest project we've worked on so far and is requiring a time commitment very much in proportion to its size (building size: 700 square metres/7,500 square feet). Following many delays, we signed the lease on 20 November 2023 thanks to the pro-bono work by Blacks Solicitors. Building and repair work started in October with redecoration and internal work in December. None of the above was fully completed at the end of the year but a moving date is slowly approaching. Our landlords, MurnoeK, have been extremely supportive and helpful and have heavily invested in the project.

We worked according to our values with our aims firmly in sight reaching far and wide. Always open to feedback and using various ways to obtain it, we are reflective, adaptable and flexible being guided by the needs of the people we're here to support. By providing a range of support virtually, face-to-face, online, by phone and via numerous resources, we've been able to support people affected by self-harm directly benefitting 4,560 people.

We were delighted to be awarded charitable status in Scotland on 12 April 2023 and have been networking, forging new links, breaking the self-harm stigma and delivering a few workshops alongside assisting in the completion and implementation of the Scottish Self-Harm Strategy.

In November at the 3rd Sector and Community NHS Services Event we won 1st prize for the best poster presenting the workforce development work we're carrying out thanks to a grant from the NHS. The work focuses on the development of both our own workforce as well as the many professionals we train on self-harm.

Impact & value

Adult services - virtual

Number of groups: The number of our groups slightly dropped since last year. We reduced the socials as it was proving challenging to find enough activities and people to deliver socials every fortnight but we doubled the number of groups for family and friends due to demand.

Group	2020-2022	2021-2022	2022-2023	2023-2024
Standard	74	181	115	118
Inbetweeners	12	27	26	26
Family & Friends	16	22	32	47
Social	0	15	24	13
Total	102	245	197	190

Group Attendance: Even though the overall number of groups was reduced, attendance increased. For most of the year we avoided having to cap the number of groups one could book on ensuring the support was there when needed.

Group	2020-2021	2021-2022	2022-2023	2023-2024	% Change since April 23
Standard	770	1,572	1,101	1,191	8.2% Increase
Inbetweeners	100	219	229	268	17% Increase
Family & Friends	90	131	187	291	55.7% Increase
Social	0	128	179	128	28.5% Decrease
Total	968	2,050	1,696	1,878	10.7% Increase

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance continued

Number of Individuals on the Virtual Group Invite List: There is a steady increase in the number of people joining the invite list while very few people choosing to come off it, even when we specifically ask if they wish to remain. Having the option to join a group without delay is a protective factor for many.

Prior to April 2022	April 22 – April 23	April 23 – April 24	% Change Since April 23
402	692	923	33.4% Increase

Individuals attending groups: The number of individuals using the virtual services has also increased. 26% of all attendees live in Leeds (34% in West Yorkshire).

Group	2021-2022	2022-2023	2023-2024	% Change Since April 23
Standard	149	160	149	6.9% Decrease
Inbetweeners	65	58	59	1.7% Increase
Parent/Family	43	60	97	61.7% Increase
Social	41	59	46	22% Decrease
Total	230	246	267	8.5% Increase

Recent topics discussed at the groups included:

- Anger Volcano
- Flexible Thinking
- Recovery & Hope
- Beneath the Surface – What we see vs what others see
- Keeping a Thought Record
- Myths and Realities of Self-Harm
- Self-Soothing
- Releasing Emotions

A lot of effort has gone into training and strengthening the facilitator teams. The nature of our organisations means that there are fluctuations in the facilitators' ability to manage this task so there are unavoidable changes to the teams which must be managed with care and consideration.

Plans for the future

These groups are a lifeline for people across the UK. Even though we get requests to open them up to people in other parts of the world, due to various complications, this is not something we can consider. The addiction programme and its support group are available worldwide though and provided as an option to people outside the UK.

We are recruiting a Virtual Group Coordinator on a 10 hour/week contract thanks to a grant from the Foyle Foundation to help manage these groups and assist with their complexity while also bringing in new ideas to strengthen the individual facilitators and the teams.

Adult services – face-to-face

Attendance at the evening adult face-to-face groups showed improvement this year. The average attendance was 7.2, a 9% increase from last year. Halfway through the year we made some big changes in the facilitator teams to re-align the groups with the Battle Scars values. The groups currently run with the volunteer manager and the CEO being part of the teams until they're back to full strength and the volunteer facilitators are sufficiently confident.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance continued

Plans for the future

Two new daytime groups are being planned to run from Onward, a group for 18+ and an older people's group (50+). There will also be social activities time before and after. A new Face-to-face Group Coordinator funded by the Mental Health Transformation Grants (managed by the Leeds Community Foundation) will be employed to assist with the running and management of all face-to-face groups as well as tasked with spreading the word.

Adult services – phone

Our FRESH service's demand has remained low but the project adds value and has resulted in many people feeling more confident to discuss self-harm and access our ongoing services. Most common feedback received is feeling relief talking to someone with lived experience and not feeling alone. Taking both self and professional referrals for adults across England, it's now run by volunteers under the CEO's supervision and requiring minimal resources.

Plans for the future

Despite not receiving the number of referrals we hoped for, this is a project that serves a purpose, we consistently get good feedback and as long as we have people to run it, it will remain on offer.

Young people and families

Work with under 18's

Due to lack of capacity, direct work with children was put on hold. We continue supporting schools and social workers with the option to consult with us on particular cases.

Requests for assemblies were coming from different parts of England and a 15-min video/presentation aimed at children in secondary education was produced. Since January, we've received 33 requests for it from all over the country, from a much wider range of organisations and services than anticipated, expecting it to be shown to a minimum of 800 young people.

The children and young people's version of the addiction workbook, the Discovery Journal was made available at the end of May. 236 copies were posted by the end of March 2024. The PDF is available on our website, often shown to young people before they request it. We have also been informed that it's being used to support many young people who struggle with a much wider range of issues, not only self-harm.

16-25s group

This group's attendance may remain on the low side with an average attendance of 6 but its impact is great. Currently funded by the Co-op we expect this to continue providing the safe space needed by many young people who feel very alone with their self-harm.

Family

We introduced a second virtual support group for families and friends of people who self-harm on a different day to cater to their needs. Contact by desperate parents via the website or by phone is frequent and we always aim to, not only signpost them to our other services they could access, but compassionately respond and offer insights and suggestions which are most gratefully received.

We recently attended foster carer support groups in different areas in Leeds providing education, information and support.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance continued

Plans for the future

We'll aim to produce a professional video for young people with the participation of young people as well as people who are older and further on their journey.

We will continue promoting the Discovery Journal and request feedback at the first anniversary of its availability via an anonymous form on our website to shape future editions.

Plans are being drawn for a face-to-face drop-in service at Onward for children and young people aged between 10 and 18 as well as the creation of a package of support for schools.

Private Facebook group

We were getting inundated by requests for membership for our Facebook self-harm peer support group by bots and spammers. In order to control that, we introduced a question that could only be answered upon carefully reading the group rules. Membership still rose by 6% to 4,716 with 1,867 active members at the end of March. Apart from those who found the group by searching Facebook or the internet, many were signposted to us by various organisations and professionals, some finding out about us on BBC News.

Plans for the future

Continue ensuring this group remains a safe space for its members, encouraging learning, deeper self-awareness and the use of healthier strategies.

Training for professionals

We delivered our training to 427 professionals, mainly on self-harm as the eating disorders trainer moved on in November.

We received excellent feedback for the content, the trainers, and the extra lived experience volunteers and staff who share their own views and insights at each session.

Plans for the future

Work on rewriting the eating disorders/disordered eating training is already under way while the self-harm training will undergo its annual review. We expect to significantly increase face-to-face delivery in Leeds thanks to having our own venue.

Getting the word out

310 people attended our webinars gaining a better understanding of self-harm. The new webinar "Self-harm Through the Ages", a brief history of self-harm and how it presents in people of different ages, was first delivered in March. Due to having to postpone the session planned for self-harm awareness day (March 1st) and numerous technical issues when it was rescheduled, only a fifth of those booked managed to join us. A private session was added to make it up to those who weren't able to. Feedback from both was really positive and some organisations followed up by booking training with us.

Our website's format, fully tested after last year's facelift, attracted a lot of traffic with 34,765 unique visitors compared to 25,521 in 2022-23, a 36% increase. A large section was added to show progress at Onward and attract partners. Content is regularly updated and reviewed and we receive frequent feedback about its high quality and ease of navigation and use.

Numbers on our mailing increased by 43% to 1,475 with many people across the UK staying up to date with our work through our monthly newsletter with information, announcements and pieces spotlighting our volunteers and service users.

Yorkshire Post did a piece on our CEO and self-harm helping us raise awareness and we did two interviews for BCB Radio Bradford.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance continued

At the end of last year our CEO was interviewed by a Californian film company who produce the US TV documentary series UnMuted, tackling difficult issues affecting women. Towards the end of this year, the producers contacted us again to discuss taking the self-harm episode out of the planned series to turn into a stand-alone feature, open up the focus to people of all genders who self-harm with a big focus on Battle Scars and the Onward Hub and the possibility of further filming in our hub. Even though this is dependant on securing a buyer for this (an appropriate TV channel), this has the potential to make us much more well known than we are now and massively increase understanding.

Plans for the future

Once Onward is open, we will approach local newspapers, radio stations and TV networks to publicise the event and services available in the building. We hope this opportunity will also create long-lasting links for future collaborations.

The new multi-page version of our bulletin now includes interviews with our volunteers, fundraising news and blogs from people we support making it a very varied and interesting read.

Other projects/activities

With the work linked to Onward, which is on top of all our other work, and learning building management, we kept new projects to a minimum.

Most notably, one of our volunteers used their initiative and produced a series of Dialectical Behavioural Therapy (DBT) workshops delivered as peer support which is proving very popular and successful. This was in response to multiple reports by people we support struggling to access this therapy due to lack of availability, long waiting lists or, in some cases, because they do not have a personality disorder diagnosis. The workshops' focus in on learning DBT skills with time to practice and share back with the group. They are delivered in pairs providing choice to learn skills that would be more useful.

Requests for our 12-step Self-harm Addiction Programme workbook remain steady and many regulars attend the 4-weekly support group where we not only work together on parts of the book but explore all aspects of self-harm.

Plans for the future

As always, we have many plans for Onward, to build a stronger community, to provide the safe space we've always wanted. These plans also include services for under 18s and the full utilisation of the spaces.

Work with partners

We did our best this year with our very limited capacity to maintain our existing work with partners in Leeds, England, Wales and Scotland. We made the decision to pull our volunteers off the It's Our Day project for university students in Leeds. The project's popularity resulted in large numbers in one room making that environment unsuitable for conversations about self-harm and mental health.

Thanks to a Professor from Bournemouth University, we have been able to offer a series of Writing for Wellbeing workshops to our virtual service users. These workshops proved overwhelmingly popular, with each session being heavily oversubscribed and excellent feedback.

We continue working with the private sector, mainly MunroeK, Capita, providing us with furniture, equipment and carpet for Onward, and the White Rose Shopping Centre to name a few. We're very expertly supported by Participate Projects who have been organising corporate volunteer groups to assist with the mammoth decorating project in Onward.

New connections have been made with more organisations than we have the room here to name but we are proud of the network being formed and hope to work together with some of these organisations.

As always, we are supporting research in the self-harm/mental health field with our expertise and by helping with recruitment.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Achievements and performance continued

Plans for the future

Limited capacity has prevented us from building the working partnerships we'd like. Our aim is to work closely with whoever our Onward partners will be, hopefully develop joint services.

Volunteers, staff and development

Our 61 volunteers work alongside our staff team to run services, add their insights and views, review and write new training, spread the word and help with the work in Onward.

One of our staff team left us in November resulting in reduction of services but also made us think differently and form new plans for the future. The remaining team's 6 members (3.6 FTE – full-time equivalent) have all learned new skills and have all grown in confidence.

We continued working on our workforce development programme funded by the NHS involving many volunteers and staff in writing our Personality Disorders and Autism Awareness courses. We always ensure our training is safe and relevant to our team with practical ideas. Even though concepts such as trauma-informed, person centred and holistic have become sometimes meaningless buzz words, they are truly and quite naturally embedded in all our work.

Trustees & AGM

Our 5 trustees form a dedicated and harmoniously working board. As expected, last year's hybrid AGM focused on Onward.

Plans for the future

We are planning to run this year's AGM at Onward's large event room even if we have to slightly delay it in order to complete the work required.

Funding & strategic plan

As many 3rd sector organisations have discovered, it's difficult to look too far ahead in these difficult times. Our 2023-28 strategic plan remains a useful and flexible working document providing us with guidance and reminders of our goals.

We're now into the final year of the second 3-year funding from the Tudor Trust which, with their permission, was repurposed to cover Onward's expenses. The NHS gave us the largest single year grant we've ever received and ongoing support. Other funding from the Albert Hunt Trust, Focus Foundation, Lotto Awards for All, West Riding Masonic Charities Ltd, Screwfix Foundation, Garfield Weston Foundation, Rank Foundation, Landsec Futures, Masonic Charitable Foundation, the Co-op and the Leeds Community Foundation alongside our income from training and donations have covered our project and core costs.

Plans for the future

We're expecting the income raised from sub-letting spaces in Onward and day hire of the meeting and event rooms as the building is fully utilised to cover our own rent and premises expenses. A "sink" fund will be created with funds in reserve to cover any building work or repairs that may need to be carried out (not covered by insurance). We continually apply for funding and explore mutually beneficial relationships with our building partners to secure funding beneficial for all as well as the private sector.

Battle Scars

Trustees' report (continued) for the year ended 30 March 2024

Financial review

The net receipts for the year were £60,021, including net receipts of £12,568 on unrestricted funds and net receipts of £47,453 on restricted funds.

Reserves policy

To provide the organisation with adequate financial stability and the means to meet its charitable objectives for the foreseeable future. The trustees propose to maintain the organisation's unrestricted reserves at a level which is to three to six months' operational expenditure according to the Battle Scars' budget. This would equate to approximately £120,000 based on planned spending of £240,000.

The charity's free reserves, at the year end were £50,346.

Approved by the board of trustees on 1/7/2024

Jean Birch (Trustee)

Battle Scars

Independent examiner's report to the trustees of Battle Scars

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 30 March 2024, which are set out on pages 12 to 16.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act;
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Simon Bostrom FCIE

8/7/2024

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Battle Scars

Receipts and payments account for the year ended 30 March 2024

	Notes	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Receipts					
Grants and donations	(2)	5,086	147,288	152,374	89,527
Fees and charges		30,569	-	30,569	20,743
Memberships		153	-	153	218
Other income		3,033	-	3,033	432
Total receipts		38,841	147,288	186,129	110,920
Payments					
Salaries NICs and pensions		18,604	78,424	97,028	72,266
Payroll charges		64	-	64	-
Training and Information		1,803	168	1,971	4,909
Website and email		326	45	371	720
Advertising and publicity		-	-	-	707
Phone		-	-	-	613
Printing and postage		813	3,700	4,513	727
Consumables		595	408	1,003	387
Equipment and materials		1,082	499	1,581	558
Food and refreshments		119	35	154	198
Addiction Programme		-	-	-	2,434
Rent		-	6,057	6,057	-
Utilities		-	5,976	5,976	1,200
Insurance		427	70	497	440
Repairs, maintenance and refurbishment		15	3,088	3,103	-
Other administrative costs		-	-	-	133
Accountancy and Independent examination		630	-	630	600
Consultancy		1,795	1,365	3,160	-
Total payments		26,273	99,835	126,108	85,892
Net receipts / (payments)		12,568	47,453	60,021	25,028
Fund balances brought forward		37,778	26,706	64,484	39,456
Fund balances carried forward	(3)	50,346	74,159	124,505	64,484

Battle Scars

Statement of assets and liabilities as at 30 March 2024

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	50,287	74,159	124,446	64,425
Cash in hand	59	-	59	59
Total cash funds	<u>50,346</u>	<u>74,159</u>	<u>124,505</u>	<u>64,484</u>

Debtors and prepayments

	2024
	£
Debtors	1,700
Prepayments	241
	<u>1,941</u>

Assets retained for the charity's own use

Laptop computer x2
Printer

Liabilities

	2024
	£
Accruals	924
	<u>924</u>

The financial statements were approved by the board of trustees on 1/7/2024

Jean Birch (Trustee)

Battle Scars

Notes to the accounts

for the year ended 30 March 2024

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Battle Scars

Notes to the accounts continued for the year ended 30 March 2024

2 Grants and donations	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Garfield Weston Foundation	-	15,000	15,000	-
Landsec Futures	-	2,000	2,000	-
Leeds Community Foundation	-	4,999	4,999	-
National Lottery Community Fund (NLCF)	-	10,000	10,000	-
NHS Leeds	-	70,000	70,000	29,331
Rank Foundation	-	1,500	1,500	-
Screwfix Foundation	-	5,000	5,000	-
The Albert Hunt Trust	-	1,500	1,500	-
The Co-op Foundation	-	1,289	1,289	-
The Focus Foundation	-	1,000	1,000	2,225
The Tudor Trust	-	30,000	30,000	30,000
West Riding Masonic Charities Ltd	-	5,000	5,000	-
Arnold Clark	-	-	-	1,000
The Allen Lane Foundation	-	-	-	7,228
The DWF Foundation	-	-	-	1,500
The Foyle Foundation	-	-	-	4,600
The Pilkington Family Trust	-	-	-	3,000
The Randal Foundation	-	-	-	4,050
General donations	5,086	-	5,086	6,593
	<u>5,086</u>	<u>147,288</u>	<u>152,374</u>	<u>89,527</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
The Tudor Trust	2,500	30,000	24,658	-	7,842
Landsec Futures	-	2,000	2,000	-	-
NHS Leeds	12,373	-	12,373	-	-
Tudor Wellbeing	170	-	100	-	70
Randal Foundation	929	-	929	-	-
DWF Foundation	1,500	-	1,500	-	-
Foyle Foundation	3,653	-	3,338	-	315
Allen Lane Foundation	5,581	-	5,581	-	-
Albert Hunt	-	1,500	-	-	1,500
Focus Foundation	-	1,000	791	-	209
NLCF	-	10,000	10,000	-	-
NHS Leeds (Onward)	-	70,000	33,112	-	36,888
West Riding Masons Charities	-	5,000	837	-	4,163
Garfield Weston	-	15,000	3,116	-	11,884
Rank Foundation	-	1,500	40	-	1,460
Screwfix Foundation	-	5,000	1,460	-	3,540
Leeds Community Foundation	-	4,999	-	-	4,999
Co-op Foundation	-	1,289	-	-	1,289
	<u>26,706</u>	<u>147,288</u>	<u>99,835</u>	<u>-</u>	<u>74,159</u>

Battle Scars

Notes to the accounts continued for the year ended 30 March 2024

3 Restricted funds continued

Fund name	Purpose of restriction
The Tudor Trust	Towards the CEO's salary cost and rent.
Landsec Futures	Towards the cost of onward Hub costs.
NHS Leeds	Towards the FRESH project and volunteer manager's wages.
Tudor Wellbeing	Towards the cost of wellbeing.
Randal Foundation	Towards the running costs of 16-25s peer support group.
DWF Foundation	Towards the cost of the children's Discovery Journal.
Foyle Foundation	Towards the production of workbook for children and young people.
Allen Lane Foundation	Towards the cost of Services support wages.
Albert Hunt	To support people in prisons who self-harm.
Focus Foundation	Towards the costs of the Addiction Workbook program.
NLCF	Awards for All funding for Volunteer Development programme costs.
NHS Leeds (Onward)	Towards the Self Harm Training project.
West Riding Masons Charities	Towards the cost of onward Hub equipment.
Garfield Weston	Towards the cost of infrastructure.
Rank Foundation	Towards the cost of onward Hub set-up.
Screwfix Foundation	Towards the cost of onward Hub set-up.
Leeds Community Foundation	Towards the cost of addressing self-harm in Leeds.
Co-op Foundation	Towards the cost of 16-25s group running costs.

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee expenses

No trustee received any other remuneration or benefit during this or the previous year.

Other transactions with trustees or related parties			2024	2023
			£	£
Name of trustee or related party	Relationship to charity	Description of transaction		
Jenny Groves	Wife of Trustee	Salary as CEO of the charity	39,142	40,130
			<u>39,142</u>	<u>40,130</u>

Authority for this employment is provided within the charity's constitution.

Battle Scars

Independent examiner's report to the trustees of Battle Scars

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 30 March 2024, which are set out on pages 12 to 16.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act;
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Name: Simon Bostrom FCIE

8/7/2024

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

BATTLE SCARS

England & Wales - Charity number 1177020

Accounts

Battle Scars

Charity number 1177020

Annual Report and Financial Statements for the year ended 31 March 2023



West Yorkshire Community Accounting Service

Battle Scars

Annual Report and Financial Statements for the year ended 31 March 2023

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Prepared by West Yorkshire Community Accountancy Service CIO

Battle Scars

Trustees' report for the year ended 31 March 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Jean Birch	Chair	
Tristan Batten	Vice-Chair	
Glenn Groves	Treasurer	
Karen Johnson	Secretary	
Laura Cox		Resigned June 2022
Charity number	1177020	Registered in England and Wales
Registered and principal address	Bankers	
18 Alder Hill Avenue	NatWest Bank plc	
Leeds	8 Park Row	
LS6 4JQ	Leeds	
	LS1 5HD	

Independent examiner

Simon Bostrom FCIE

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 6 February 2018 and governed by a constitution as amended on 27 October 2020.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Objectives and activities

The charity's objects

To relieve the needs of persons affected by self-harm in particular but not exclusively by:

Holding survivor led support groups for persons affected by self-harm and anybody interested in understanding self-harm;

Advance the education of the general public in all areas relating to self-harm;

Provide training and practical advice to:

Professionals, staff and volunteers of other organisations (public, voluntary and private sector) who deal with persons who self-harm;

Parents of school age children, young people and adults who self-harm;

Anyone wishing to attend the training or trying to understand self-harm; and

In any such ways as the trustees see fit in furtherance of said objects.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Objectives and activities continued

The charity's main activities

Adult peer support groups at various locations and times to increase self-awareness and a sense of belonging and decrease isolation. A system of no referral or booking is in operation so that anybody over 18 can attend whenever they're able to. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

On-line peer support for people 13 or over for quick access to support encouraging people to develop strategies and learn to manage their self-harming behaviour.

Training for professionals from a survivor's perspective providing them with hard to get insights so they can support others more effectively.

Workshops for under 18's to educate, provide them with better self-awareness and providing them with options to better manage life.

Discussion groups for carers/ friends to increase understanding and acceptance and decrease guilt.

On-line resources and printed materials to make disclosing self-harm easier, tools to understand the behaviour and information to break down the stigma.

Volunteer development programme to increase the volunteers' self-worth and confidence, to teach them skills and provide them with different experiences.

Running stalls/information sessions to increase awareness about self-harm and our services.

We encourage our volunteers and service users to actively take part in steering the direction the organisation is taking by expressing their ideas and needs, by suggesting improvements, designing printed material and requesting the sort of resources and information they'd like to see available to them, to their families/friends and to professionals. Feeling involved and listened to makes a big difference to them. We value their input and take all their suggestions into consideration. Some we reject if they are either incompatible with our objectives or unattainable (due to funding or structure) and provide explanations for this, some are acted upon quickly while others are included in future plans. The volunteers are making running our services possible and receive compulsory as well as additional optional training, regular supervision and expenses.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, the advancement of education and the advancement of citizenship or community development.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance

Some moments from the past year jump out: our big team event in September; the announcement at our 5th birthday party in February that we'll soon be getting premises; getting filmed for an American documentary in March.

We have most definitely increased our reach with much more demand from outside of Leeds for support and training as well as for our expertise.

Our staff team grew to a total of 3 FTE (from 2.44) made up of 7 people. This year we focused more on filling in gaps while next year we'll focus on strengthening and expanding the team.

We regularly took stock of our services, staff and volunteer teams, we responded quickly to needs and consolidated our resources to ensure everyone remained safe.

Our webinars were extremely successful reaching hundreds of people helping them understand self-harm and eating disorders as well as introducing our organisation. Effective communication has played a massive role in spreading the word.

We trained more people than ever before. We developed new links in England, Wales and Scotland We managed our own mental health and kept a very high volunteer retention rate. We were, once again, awarded the Leeds Volunteer Managers' Network Quality Mark.

Impact & value

Adult services - virtual

As we started approaching the end of the lockdowns and other activities became options again, as expected, the attendance at the virtual groups dropped. This was one of the reasons we reduced the number of groups we ran over the last year:

Group	2020-21	2021-22	2022-23	% change since April 2022
Standard	74	181	115	36.5% Decrease
Inbetweeners	12	27	26	Same
Parent/Family	16	22	32	45% Increase
Social	0	15	24	60% Increase
Total groups	102	245	197	Overall change: 19.6% decrease

At the same time there was an instance when multiple people attended our groups while in crisis which had quite an impact on the facilitators. Full credit to them, they handled the situation with expert sensitivity and compassion while remaining calm. Immediate support was provided to the volunteers and the decision was very quickly made to consolidate the facilitator teams into teams of 3 instead of 2 as well as ensure senior staff were on call during every group. Lots of shuffling people about (change does not come easy to us), the number of groups was again reduced, but this strengthened all teams and made difficult situations more manageable.

Due to many parents and family members expressing they were unable to attend on a Tuesday evening we added a second group on a Monday evening. Both groups have steady low to medium attendance which makes them much easier to manage. Many have benefited from them, some gaining the courage and conviction to stand their ground in situations affecting their child's care equipped with better knowledge and understanding. Unfortunately young people are still sometimes met with outdated advice and rigid approaches.

Group Attendance

Group	2020-21	2021-22	2022-23	% Change since April 22
Standard	770	1572	1101	30% Decrease
Inbetweeners	100	219	229	4.6% Increase
Parent/Family	90	131	187	42.7% Increase
Social	0	128	179	39.8% Increase
Total	968	2050	1696	Overall changes: 17.3% Decrease

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Our virtual groups were attended by 246 individuals with many attending multiple groups. The number of individuals using the virtual groups has increased despite the number of standard groups decreasing which shows there is a growing demand for the groups.

Individuals attending groups

Group	2021-22	2022-23	% Change
Standard	149	160	7.4% Increase
Inbetweeners	65	58	10.8% Decrease
Parent/Family	43	60	39.5% Increase
Social	41	59	43.9% Increase
Overall	230	246	6.9% Increase

290 people joined the group invite list, an increase of 72.1% from last year. By the end of the year in order to manage this demand we had to limit how many groups each person can book on to ensure everyone gets the opportunity to attend. New facilitators are being trained to increase the group numbers again and also availability.

Recent topics discussed at the groups included:

- Masking
- Self-Regulation
- Measuring Mood
- Being open around self-harm
- Gratitude - 3 P's
- Achievements & Counting
- Distractions - What Works When?
- Our Inner Battery
- Achievements & Counting Part 2
- Talking to People about Self-Harm
- Managing Change
- Setting Boundaries
- Urges
- Overthinking, Brain Dump
- Why the words we use matter
- Alternative New Years' Resolutions
- Perfectionism

Plans for the future

These groups have become our bread-and-butter service allowing us to reach people in locations we never thought we'd reach. As the word spreads amongst professionals and we have a stronger media presence, the demand keeps increasing. Our aim is to continue expanding this service to keep up with the demand alongside constant reviews of the groups' efficiency and the wellbeing of our volunteers. Anyone can leave anonymous feedback via our website at any time or contact the team.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Adult services – face-to-face

Attendance at the adult face-to-face groups has been disappointing. We ran a total of 18 sessions at two locations both on evenings. The average attendance at all groups was 6.6 people (Lovell Park Hub: 5.1 people; Vale Circles: 7.4 people).

Through contact with people who were regular attendees before the pandemic we've been told that they "got used to not having this support" and that "they are not as comfortable going out in the evening as they used to be". Covid-19 changed many habits and chipped away at many people's confidence.

Plans for the future

We will continue running these groups and are planning on introducing daytime groups at our new premises. We understand that having 4 weeks between groups may be a too large a gap for many people so are hoping to run all adult face-to-face groups fortnightly matching the virtual groups. This could have a positive effect on attendance.

Adult services – phone

Our FRESH service has undergone many changes this year. After testing the original model as a Follow-up Review after Emergency treatment of Self-Harm, we came to the conclusion that this model was not working as intended.

This year this project was funded by Leeds NHS with a lot of support from the NHS director. Frequent contact between us allowed to modify the service in stages. The end result is a service that accepts both self and professional referrals and is no longer linked to emergency treatment of self-harm. This recent major modification resulted in an instant increase of referrals with near zero publicity.

FRESH has had a change of logo and its new purpose is to provide first contact, signposting and support to people who may not know us or to people who may already have accessed our services but could use some extra support. We strongly believe this can be a successful service helping people understand their self-harm behaviours, develop healthier strategies, overcome their anxieties about getting further support and, most of all, know they're not alone and that others understand.

Plans for the future

We are seeking further funding for FRESH and are strengthening the team. We're gradually spreading the word about this while constantly monitoring demand and function as well as team capacity as we're continuing to recruit.

Young people and families

Work with under 16's

A lot of effort was put into building connections with clusters and key school staff in Leeds. We only delivered 3 assemblies (one in a primary school) and 2 workshops but they all had a massive impact on the children and young people we worked with. We're expecting an increase in demand as we hold further discussions about the best way to support pupils and staff.

We also held a very well attended stall at the Alder Tree Primary School and were impressed with how open staff and parents were about self-harm.

The Discovery Journal aimed at 10–17-year-olds is almost ready to go to the printers following a testing period (funded by the Foyle Foundation, the DWF Foundation and the Arnold Clark Community Fund) and will be available free of charge to young people in the UK soon.

16-25s group

Our young people's group certainly grew, not necessarily in numbers but in being regularly attended and establishing itself as the warm, welcoming, accepting, safe space we wanted it to be known as.

This weekly group, funded by the Randal Foundation, ran 45 times over the last financial year at the Lovell Park Hub, near the city centre (6:30-8 pm). The average total attendance was 5 people.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Support for students in Leeds universities

This year we linked up with Emma's Embrace, a local charity running the It's Our Day project, providing social space, craft activities, board games and food to university students in Leeds every Saturday afternoon during term time. We now have Battle Scars volunteers supporting the project and those using the safe space, many of whom are university students themselves.

Family

We are continuing to support the families of young people who self-harm through the virtual support groups, the website information and resources, and, occasionally, via email or over the phone.

We are providing education, information and support to foster carers around Leeds with support from social services.

Plans for the future

We will continue running assemblies and workshops in schools, building on the links that were forged over the last year. We aim to increase the support we offer with extra services located at our new premises.

We hope the long-awaited Discovery Journal will meet the young people's need for a self-help workbook.

Private Facebook group

Membership for our Facebook self-harm peer support group rose by 17.5% to 4,450. As in every such group, not everybody is active in the group. On March 31st the number of active members was 1,986 and over the whole year we had just under 2,500 posts.

We strengthened the admin/moderator team who read every single post and comment ensuring the group remains safe, compassionate and non-judgemental.

Plans for the future

We will continue monitoring the effectiveness and capacity of the admin/moderator team, reviewing our procedures and group rules as required.

Training for professionals

Thanks to our excellent reputation and the much stronger publicity of our training we had significantly higher demand than last year. We delivered a large number of self-harm and eating disorders sessions training a total of 498 professionals, 198 face-to-face and 300 virtually, an increase from last year by 86% and 52% respectively.

Face-to-face workshops took place in Leeds, Huddersfield, Macclesfield and Birmingham. A variety of professionals attended our training such as counsellors, university wellbeing staff, safeguarding leads, school staff, GP surgery staff, children's residential care staff, support workers, mental health staff from acute wards, social workers etc. from various organisations: Just Drop In, Homestart Leeds, Touchstone, CADMHAS, Conwy Mind, Coventry City Council, the Cellar Trust, Big Noise (Sistema Scotland), HARP, Oxfordshire Mind and Signpost Stockport for Carers to name but a few.

Many volunteers and staff joined these sessions, not only as part of their own training but to add their own voice and enrich the delegates' experience.

Plans for the future

We will continue providing virtual training alongside expanding the face-to-face provision in Leeds and surrounding areas using the training room at our new premises, making individual bookings for face-to-face training available again and re-introducing our full eating disorders workshop.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Getting the word out

We ran 4 self-harm awareness and one eating disorders awareness webinars with attendance numbers ranging from 75 to a full-house of 100, reaching a total of just over 400 people. These free hour-long sessions are an introduction to Battle Scars, an educational opportunity as well as an advertising tool – everyone benefits. They have proven very popular and fill up within hours. We have also run similar sessions for smaller groups for Leeds Teaching Hospital mental health first aiders, Yorkshire & Humberside branch of the International Institute for Risk & Safety Management, Leeds Recovery College, Progeny, Leeds Psyched, Portakabin York, Voluntary Action Leeds, Bitesize (Leeds school staff) and Early Help Parenting Team (Westminster).

Over the summer our website got a full facelift. We split the sections to a more user-friendly “I self-harm”, “I’m family/friend” and “I’m a professional” tabs with a clearer section with our vision, mission and values, as well as an easier way to learn more about volunteering with us and other ways of supporting us. We also set up a new donation system with the Charities Aid Foundation who also manage GiftAid for us. This new system has enabled us to accept regular donations as well as one-offs.

Not only have the unique visits increased but people spend more time exploring the website and discovering what else is there. Our communications officer has been kept very busy managing an ever-growing mailing list and coordinating our social media presence.

Our mailing list has grown in a spectacular fashion to having a total subscription of 1027 people:

89 people joined the mailing list in 2021-22.

707 people joined the mailing list in 2022-23 – an increase of 694%

We didn’t do as many radio interviews this year, partly because we didn’t have time to pursue them. We did get a chance to go live with BCB Radio Bradford and close the year with an interview on BBC Norfolk.

The most unusual – and unexpected – opportunity came up when we were contacted by a Californian production company wanting to do a documentary about self-harm. The producers and crew met Jenny, our CEO, in London on March 27th for the filming of the self-harm episode of a docuseries called UnMuted looking at self-harm in the US and the UK. It was an experience and we’re looking forward to the end result and the impact it may have for us.

Plans for the future

We will aim to promote our services and news – such as when the Discovery Journal becomes available and the opening of the new premises – using existing connections and by making new ones.

Other projects/activities

Thanks to the Focus Foundation we printed 250 copies of the Self-Harm Addiction Programme’s workbook (2nd edition) following its review last year. Demand is low but steady. What has increased though is attendance at the monthly support group where we have rich and often challenging conversations.

Plans for the future

We will keep running this group which remains different to our other virtual groups and continue having in-depth discussions about the various aspects of the programme.

Work with partners

We are hoping our ongoing participation in the It’s Our Day project for university students in Leeds will continue providing opportunities for discussions around mental health and self-harm as well as providing the students with a feeling of connectedness to the community outside campus.

In Leeds, we continue being 3rd sector reps in the Mental Health Partnership Board as well as regularly take part in the Crisis and Urgent Care group. We only had a small role to play in the mental health transformation work due to our time restrictions.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

We became approved members of the Somerset Bit Tent, a signposting service for young people and their families in the Somerset area. We connected with the Gwent Alliance and are now the only dedicated self-harm support organisation on the Gwent Suicide Prevention and Self-Harm Prevention Expert Advisory Group. We have just applied to get charitable status in Scotland and have connected with Penumbra and Fast Forward.

MunroeK have continued supporting us and surprised us with the offer of their building to create a mental health hub and help us with the next stage of Battle Scars growth. They were also our amazing hosts for our AGM, September's team meeting and February's 5th birthday party. We are beyond grateful to them.

The White Rose Shopping Centre have also been very supportive, inviting us to hold a stall on Purple Tuesday aimed at improving the disabled customer experience amongst other help.

Lush, the cosmetics company, welcomed us in their store in the White Rose Shopping Centre to hold a stall for 3 days and donated their charity pot profits over those days to Battle Scars.

We continue working together with both Leeds and Kirklees Public Health and worked in an advisory role with Leeds Mind, York Mind, Hope for Harm (Cornwall), the Essex Personality Disorder service and a number of social workers.

We linked up and introduced Battle Scars to a large number of organisations/projects: Just 'B', Lifecraft, UMHAN, Northpoint Leeds, Ten Years Time, Turning Point, Catalyst, Yorkshire Housing, Leeds Conservatoire, One Stop Networking, Leeds Student Medical Practice, Leeds CAMHS crisis helpline, Ministry of Justice, the Trauma & Adversity Project West Yorkshire, St. Luke's, the Scottish National Rural Mental Health Forum, Scottish Recovery and various GP surgeries around the UK.

We have grown more confidence in approaching other organisations to forge partnerships.

Plans for the future

We are now looking for partners for our new building and more formal working relationships. With a charitable status in Scotland we're planning on involvement in the implementation of the Scottish self-harm strategy.

We will continue working closely together with 3rd, statutory and private sector organisations to our mutual benefit.

Volunteers

Our volunteer number has grown to 59, 5 of whom are currently on hold. 6 volunteers stepped down over the year for various work and health reasons, while one who had stepped down the year before came back. Following a period of recruitment drought (an issue with most charities), we signed up a total of 16 new volunteers most of whom have taken on the virtual facilitator role, with a smaller number assigned to the FRESH and It's Our Day projects.

We provided role-relevant training as well as outsourced training about domestic abuse and autism awareness. Many of our volunteers also attended a workshop run by Chimp Management based on Prof. Steve Peters' Through the Jungle book.

Recruitment and training of volunteers is now an ongoing process. We have just started developing an extensive volunteer development programme which will be made up of a wide range of mental health and skill development courses. All mental health training will be written and delivered by staff, volunteers and service users with lived experience of the subject. The volunteer manager and CEO are guiding the process and will assist the volunteers to upskill as necessary.

Our volunteers are growing in confidence and their compassion and commitment are exceptional. We couldn't do what we do without them.

Plans for the future

We will keep working on the volunteer development programme, one course at a time, which we hope will attract more volunteers as well as maintain our high retention rate.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Trustees & AGM

We experienced the sad loss of our newest trustee this year, Craig Hughes. He was never officially voted in because by the time we held our AGM, Craig was terminally ill. He remained a trustee until he passed away. He'd have enjoyed being a member of the board during our upcoming growth. We thank him and miss him.

Our AGM in July was hybrid with a really good turnout. It was described as "the best AGM I've ever been to" by one of our Ambassadors who has attended way too many AGMs for his liking! We spent most of the session picking the Battle Scars values which are at the start of this report.

This year's AGM will undoubtedly focus on the premises – finally a reality and not just the dream we've all had for the last 5 years. Next year's will be held there!

Plans for the future

We will endeavour to have the right equipment to run hybrid AGMs and other events/meetings and will remain inclusive of our members, staff, volunteers and service users who are unable to attend in person.

Staff & personal development

Thanks to the Tudor Trust's wellbeing grant we were able to hold a big team event in September and invite all our staff, volunteers and trustees. 25 attended in total and came from as far afield as Dumfries, Bournemouth and Essex staying overnight at a nearby hotel. A day of various activities, a combination of fun and work, included awarding certificates – relevant, inspiring or funny.

Our CEO's mentoring relationship is ongoing as both parties are benefiting. We are fortunate to have the friendly easy-to-get-on-with board of trustees and a great working relationship between them and the CEO. But as another chief executive said, "it can be lonely being a CEO".

We made a few modifications to our staff team's working hours: we more than doubled the volunteer manager's hours (from 10 to 23) to cope with the increase in volunteers and allow the CEO to delegate a few tasks; there was also a small increase in hours for the communications officer and the services support changing our FTE (Full Time Equivalent) from 2.44 to 3.

Our team of 7 sometimes feel disconnected due to not often being together, something we will rectify when we have our own premises.

Plans for the future

In order to encourage team cohesion and belonging, we've decided to hold quarterly team meetings with all staff attending in person which will allow us to bring the "head of our Scottish division" to Leeds on a regular basis.

We will need more staff as our services and responsibilities grow over the next financial year but will remain flexible and wait until we've clearly identified needs before recruiting. As always, we will look for suitable staff amongst our volunteers and assist in their further development.

Funding & strategic plan

We've just written our 2023-2028 strategic plan which is a useful tool to keep a track of everything that is going on as well as our plans for the future. The building also required a business plan and will bring many challenges and plenty of opportunities to learn.

We're now into year 2 of the second 3-year funding from the Tudor Trust and, with their help, working on sustainability and future growth. Other funding from NHS England, the Focus Foundation, the Foyle Foundation, the Randal Charitable Foundation, the Cecil Pilkington Charitable Trust, the DWF Foundation, the Leathersellers Foundation, the Allen Lane Foundation, the Arnold Clark Community Trust and the George A Moore Foundation have covered most of our project and core costs. Our income from training has greatly contributed towards core costs and kept our reserves healthy.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2023

Achievements and performance continued

Plans for the future

We have already secured funding from the NHS, have reallocated funds and will continue raising funds to keep all services running, all staff in post and to run and maintain the Onward Mental Health Hub. We expect some temporary changes in tasks and working hours as we set up the hub but we know many of our volunteers are excited and can't wait to help with this project.

The Albert Hunt Trust will cover the expenses of the new peer support project in two local prisons that we will set up in partnership with Giving Time (a Voluntary Action Leeds project supporting volunteering by people with criminal convictions).

We hope you'll stay with us as we start a very exciting new chapter.

Financial review

The net receipts for the year was £25,028, including net receipts of £11,285 on unrestricted funds and net receipts of £13,743 on restricted funds.

Reserves policy

Charity reserves are maintained for the following purposes:

- For an unforeseen emergency or other unexpected events or opportunities. This will involve thinking of events that may occur and how likely they will happen.

- To cover unforeseen operational or core costs.

- To cover gaps in income if a grant is not renewed or is unexpectedly taken away.

- To cover short-term deficits in our cash flow before a grant is received.

The trustees aim to retain approximately 4 months worth of future budgeted expenditure. Based on planned expenditure of around £200,000, this would equate a target of £66,000.

The charity's free reserves, excluding fixed assets, at the year end were £37,778.

Approved by the board of trustees on 30/06/2023

Glenn Groves (Trustee)

Battle Scars

Independent examiner's report to the trustees of Battle Scars

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2023, which are set out on pages 13 to 17.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act;
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Simon Bostrom FCIE

30/06/2023

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Battle Scars

Receipts and payments account for the year ended 31 March 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts					
Grants and donations	(2)	9,593	79,934	89,527	64,969
Fees and charges		20,743	-	20,743	12,798
Memberships		218	-	218	237
Other income		432	-	432	545
Total receipts		30,986	79,934	110,920	78,549
Payments					
Salaries NICs and pensions		16,126	56,140	72,266	59,837
Payroll charges		-	-	-	846
Food and refreshments		26	172	198	1,048
Training and Information		510	4,399	4,909	235
Membership costs		-	-	-	582
Leaflets		-	-	-	233
Website and email		101	619	720	715
Consumables		78	309	387	347
Equipment		306	252	558	1,920
Insurance		17	423	440	134
Advertising		-	707	707	994
Phone		24	589	613	304
Printing and postage		468	259	727	431
Other payments		86	47	133	267
Consultancy		-	-	-	236
Accountancy and Independent examination		600	-	600	240
Addiction Programme		159	2,275	2,434	204
Utilities		1,200	-	1,200	-
Total payments		19,701	66,191	85,892	68,573
Net receipts / (payments)		11,285	13,743	25,028	9,976
Fund balances brought forward		26,493	12,963	39,456	29,480
Fund balances carried forward	(3)	37,778	26,706	64,484	39,456

Battle Scars

Statement of assets and liabilities as at 31 March 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	37,719	26,706	64,425	39,397
Cash in hand	59	-	59	59
Total cash funds	<u>37,778</u>	<u>26,706</u>	<u>64,484</u>	<u>39,456</u>

Debtors and prepayments

	2023
	£
Debtors	<u>2,330</u>
	<u>2,330</u>

Assets retained for the charity's own use

Laptop computer x2
Printer

Liabilities

	2023
	£
Accruals	<u>630</u>
	<u>630</u>

The financial statements were approved by the board of trustees on 30/06/2023

Glenn Groves (Trustee)

Battle Scars

Notes to the accounts

for the year ended 31 March 2023

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Battle Scars

Notes to the accounts continued for the year ended 31 March 2023

2 Grants and donations	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Arnold Clark	-	1,000	1,000	-
NHS Leeds	-	29,331	29,331	-
The Allen Lane Foundation	-	7,228	7,228	-
The DWF Foundation	-	1,500	1,500	-
The Focus Foundation	-	2,225	2,225	-
The Foyle Foundation	-	4,600	4,600	-
The Pilkington Family Trust	3,000	-	3,000	-
The Randal Foundation	-	4,050	4,050	-
The Tudor Trust	-	30,000	30,000	30,700
George A Moore	-	-	-	1,000
Leeds Community Foundation	-	-	-	23,400
The Albert Hunt Trust	-	-	-	1,000
The Brelms Trust	-	-	-	3,440
The Leathersellers Company	-	-	-	2,500
General donations	6,593	-	6,593	2,929
	<u>9,593</u>	<u>79,934</u>	<u>89,527</u>	<u>64,969</u>

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Tudor Salaries	1,496	30,000	28,996	-	2,500
Tudor Wellbeing	1,724	-	1,554	-	170
The Brelms Trust	2,757	-	2,757	-	-
Leeds Community Foundation	6,986	-	6,986	-	-
NHS Leeds	-	29,331	16,958	-	12,373
Focus foundation	-	2,225	2,225	-	-
Randal Foundation	-	4,050	3,121	-	929
DWF Foundation	-	1,500	-	-	1,500
Foyle Foundation	-	4,600	947	-	3,653
Allen Lane foundation	-	7,228	1,647	-	5,581
Arnold Clark	-	1,000	1,000	-	-
	<u>12,963</u>	<u>79,934</u>	<u>66,191</u>	<u>-</u>	<u>26,706</u>

Fund name

Tudor Salaries

Tudor Wellbeing

The Brelms Trust

Leeds Community Foundation

NHS Leeds

Focus foundation

Randal Foundation

DWF Foundation

Foyle Foundation

Allen Lane foundation

Arnold Clark

Purpose of restriction

Towards the CEO's salary cost.

Towards the cost of wellbeing.

Towards the charity's core costs.

Towards the cost of addressing self-harm in Leeds.

Towards the FRESH project and volunteer manager's wages.

Towards the costs of the Addiction Workbook program.

Towards the running costs of 16-25s peer support group.

Towards the cost of the children's Discovery Journal.

Towards the production of workbook for children and young people.

Towards the cost of Services support wages.

Towards the cost of the children's Discovery Journal.

Battle Scars

Notes to the accounts continued for the year ended 31 March 2023

4 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

			2023 £	2022 £
Name of trustee or related party	Relationship to charity	Description of transaction		
Debbie Riley	Governing document	Young People Developer	-	666
			-	666

No trustee received any other remuneration or benefit during this or the previous year.

Other transactions with trustees or related parties

			2023 £	2022 £
Name of trustee or related party	Relationship to charity	Description of transaction		
Jenny Groves	Wife of Trustee	Salary as CEO of the charity	40,130	35,565
			40,130	35,565

BATTLE SCARS

England & Wales - Charity number 1177020

Accounts

Battle Scars

Charity number 1177020

Annual Report and Financial Statements for the year ended 31 March 2022



Battle Scars

Annual Report and Financial Statements for the year ended 31 March 2022

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Prepared by West Yorkshire Community Accountancy Service CIO

Battle Scars

Trustees' report for the year ended 31 March 2022

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Jean Birch	Chair	
Tristan Batten	Vice-Chair	
Glenn Groves	Treasurer	
Karen Johnson	Secretary	
Laura Cox		
Craig Hughes		Appointed September 2021
Debbie Riley		Resigned August 2021

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1177020, on 6 February 2018.

Principal address

18 Alder Hill Avenue
Leeds
LS6 4JQ

Bankers

NatWest Bank plc
8 Park Row
Leeds
LS1 5HD

Independent examiner

Claire Welling

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 6 February 2018 and governed by a constitution as amended on 27 October 2020.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Objectives and activities

The charity's objects

To relieve the needs of persons affected by self-harm in particular but not exclusively by:

Holding survivor led support groups for persons affected by self-harm and anybody interested in understanding self-harm;

Advance the education of the general public in all areas relating to self-harm;

Provide training and practical advice to:

Professionals, staff and volunteers of other organisations (public, voluntary and private sector) who deal with persons who self-harm;

Parents of school age children, young people and adults who self-harm;

Anyone wishing to attend the training or trying to understand self-harm; and

In any such ways as the trustees see fit in furtherance of said objects.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Objectives and activities continued

The charity's main activities

Adult peer support groups at various locations and times to increase self-awareness and a sense of belonging and decrease isolation. A system of no referral or booking is in operation so that anybody over 18 can attend whenever they're able to. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

On-line peer support for people 13 or over for quick access to support encouraging people to develop strategies and learn to manage their self-harming behaviour.

Training for professionals from a survivor's perspective providing them with hard to get insights so they can support others more effectively.

Workshops for under 18's to educate, provide them with better self-awareness and providing them with options to better manage life.

Discussion groups for carers/ friends to increase understanding and acceptance and decrease guilt.

On-line resources and printed materials to make disclosing self-harm easier, tools to understand the behaviour and information to break down the stigma.

Volunteer development programme to increase the volunteers' self-worth and confidence, to teach them skills and provide them with different experiences.

Running stalls/information sessions to increase awareness about self-harm and our services.

We encourage our volunteers and service users to actively take part in steering the direction the organisation is taking by expressing their ideas and needs, by suggesting improvements, designing printed material and requesting the sort of resources and information they'd like to see available to them, to their families/friends and to professionals. Feeling involved and listened to makes a big difference to them. We value their input and take all their suggestions into consideration. Some we reject if they are either incompatible with our objectives or unattainable (due to funding or structure) and provide explanations for this, some are acted upon quickly while others are included in future plans. The volunteers are making running our services possible and receive compulsory as well as additional optional training, regular supervision and expenses.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, the advancement of education and the advancement of citizenship or community development.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance

We have much to be proud of this year, from achieving recognition, increasing our staff team, building new links all over the UK, increasing our services and managing internal disruption.

On March 10th we were awarded the Leeds Compassionate City Award for Health & Wellbeing. Our CEO and two of our volunteers attended the ceremony at the Leeds Civic Hall and were presented with a gold owl and a certificate. We had the pleasure of meeting the sponsors for the award, Munro K, and have already followed through on promises made on the night to build strong links with them.

Two weeks later our CEO received an extra certificate in the post to confirm she had been nominated for the Unsung Hero of the Year award. Another heart-warming recognition.

We started the year with appointing two new staff members coordinating the virtual groups and providing administrative support. We soon added two more in charge of new projects, a dedicated member of staff developing services for young people and, last but not least, our out-of-Leeds team member working on marketing and social media. Altogether, our contracted hours added up to a 2.2 Full-Time Equivalent (FTE). All new staff were recruited from volunteers, upskilled as necessary to provide the professional development we've always hoped to offer.

Thanks to having someone working specifically on marketing, we were able to compile a large list of relevant organisations from all over the UK and spread the word. This has resulted in many new connections as well as a significant increase of bookings for training.

Face to face awareness events slowly restarted and our Ambassadors did a great job spreading the word. On Self-harm Awareness Day, March 1st, we ran a free virtual introduction to Battle Scars with a myth busting session and a Q&A. It was quickly fully booked and 70 people from all over the UK attended on the day.

We were also interviewed on the radio 4 times on both Leeds and out-of-Leeds stations as well as appearing on Somerset's Talking Café for a live Facebook chat.

Every up and down became an opportunity to find better ways to ensure our services would remain unaffected. It does sound easier than it was but we are convinced that our service users were not impacted upon, and that we provided the stability and continuity they required.

Impact and Value

Adult Services - Virtual

Our Zoom groups have proven very successful. We got to the point where too many people were trying to book and were often unable to get a place. We increased the number of groups, experimented a bit with formats and times, and we finished the year with enough capacity so that almost nobody gets left out.

We continued running our "standard" and "Inbetweeners" groups providing choices and options, a key element in the well-being of people who self-harm. The parents/family support group runs alongside our other virtual groups supporting those whose loved ones self-harm (more on this group in the Young People and Families section). We also introduced a Friday evening social/activities group. After a bit of trial and error, we have found formats that work, giving our service users a platform to share interests, relax and have a laugh. We also added social groups at difficult times, e.g. Christmas.

Number of groups	2020-21	2021-22	increase %
All groups	102	245	140%
Standard	74	181	145%
Inbetweeners	12	27	125%
Parents/family	16	22	38%
Socials	0	15	

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Thanks to both our ability to have more people and increasing the number of groups, overall attendance dramatically increased compared to last year.

Attendance	2020-21	2021-22	Increase %
All groups	968	2050	112%
Standard	770	1572	104%
Inbetweeners	100	219	119%
Parents/family	98	131	34%
Socials	0	128	

Our virtual groups were used by 230 individuals:

Group	Individuals
Overall	230
Standard	149
Inbetweeners	65
Socials	43
Parents/family	41

We've had a variety of topics discussed, such as dealing with stress, building a support network, exploring ways to avoid and/or delay self-harm, trust, vulnerability, wellbeing, self-esteem, compliments and many others. Two of the standard groups are, what we call, "what bothers me" groups. Members can bring their own issues, concerns, frustrations, problems to the group. The aim is to find ways to move forward with the help of their peers.

We finished the financial year with 7 standard groups, 1 Inbetweeners, 1 social and 1 parents/family group every fortnight. As always, people can attend multiple groups depending on their needs and availability. Nobody needs to wait longer than a couple of days from filling in the short online self-referral form before support is offered to them.

All our groups require a minimum of 2 facilitators to run. Some of them have a team of 3 to ensure the facilitators are not placed under unnecessary pressure. New volunteers were recruited and trained to both fill in gaps as well as help existing teams be stronger while our CEO now only provides emergency cover for the parents/family group. Our virtual groups coordinator has been overseeing the running of the groups, facilitating some (for a while, too many) and supporting the facilitators.

We still have a number of people on the invite list who have not yet attended. We keep looking for ways to make the groups more accessible and often ask how we can make that so. We have been able to cater to certain people's specific needs already and all we needed was to be told what they need. On our website one can find blogs written by existing volunteers providing a better picture of what to expect at a group and we will continue working on ways to help alleviate anxiety about attending.

On the other hand, many on the list have attended in the past but not recently. Even though coming off the list is quick and easy, very few request that. One person stated that receiving the invites was very reassuring knowing that the support remained available to them whenever they might need it. We are happy for all to remain on the list and will continue including them in the invite emails. In some cases people come off the list with full knowledge that re-joining is a few easy clicks away.

Adult Services Virtual - Plans for the future

There is no doubt the virtual groups will remain and continue running alongside face-to-face services. Not only are we reaching people anywhere in the UK, but we are also providing an alternative to face-to-face support for anybody unable to get to the venues for whatever reason. We wish to ensure we provide easy and quick-to-access support to any adult who needs it.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Adult services face-to-face

After carefully weighing their pros and cons, we held back restarting face-to-face groups until March. We did not have capacity to take bookings in order to control attendance if restrictions were still in place and we wanted to offer this service as a drop-in. A lot of thinking also went into the structure of the facilitator team. These groups needed to be self-sufficient without requiring additional facilitators on stand-by to cover if the need arose. All the members of this team are able to take turns leading the group making sure the load is shared and everybody develops their skills further. More autonomy has also been given in choosing which topic they wish to work on each time.

At the moment, we have two groups running, one near the city centre and one in South Leeds. They're both evening groups and both teams are currently made up of two male and two female facilitators.

All our face-to-face services are currently based at Leeds City Council premises offered to us free of cost.

Adult Services face-to-face - Plans for the future

Following a few months trialling this new model, adjusting it as necessary, we are hoping to restart our Wakefield group and add a daytime group in Leeds. Providing we can strengthen our infrastructure, we are hoping to then start setting these groups in other areas. We have already received numerous proposals to work together with other organisations in various parts of the country, offering us a venue to set up a group in their area.

We aim to secure funding from local funders in these areas to cover group costs as well as managerial and admin support.

Adult Services - phone

After applying and receiving an Addressing Self-Harming in Leeds grant managed by the Leeds Community Foundation, one of the projects we set up was FRESH: Follow-up Review after Emergency treatment of Self-Harm. This is our first phone service and due to its funding, it's restricted to Leeds residents.

This is our only service which requires professional referral. It provides the opportunity to have a follow-up conversation to people who have needed medical treatment of self-harm. With this service we are creating a safe space to explore the latest self-harm incident, look at better ways to manage situations, receive help to build better strategies, cover safe self-harm, offload to someone who understands, not feel alone and get appropriate signposting to both our various groups and resources as well as support offered by other organisations and services. We let the service users decide what they'd like to talk about and it doesn't even have to be linked to self-harm if on that occasion a general chat and human contact is more important and helpful to them.

This is a one-off phone call as our other services are available to them for ongoing support and the call can last for up to 50 minutes. The service is operated by one member of staff and 7 volunteers (based in and out of Leeds). The manager has a vital role in supporting the volunteers ensuring they have frequent debriefs and using feedback to improve the service. Our volunteers, never knowing what they will get, have been able to handle every phone call with compassion.

The volunteers helped us design the operation manual, covering everything from having someone other than the intended service user answering the phone to dealing with someone in crisis.

We currently have 5 referrers: Emergency Departments/Accident & Emergency (Leeds General Infirmary and St. James's Hospital), Minor Injuries Units/Urgent Care Centres (St. George's in Middleton and Wharfedale Hospital in Otley), Acute Liaison Psychiatric Service (operating at both A&E departments), the Leeds Student Medical Practice and The Light surgery. The GP surgeries operate as a second net ensuring the offer is made and, in some cases, making it when the potential service user is in a better mental state to consider it.

Uptake has been slow and there are still many creases to iron out but we are optimistic this will pick up.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Adult Services Phone - Plans for the future

We have already secured funding (provided by the Leeds Clinical Commissioning Group/CCG) to extend this project's pilot for another year (until June 2023) while we're working hard to resolve the issues with the referrer's systems, and we have already started working on adding more GP surgeries to our referrers list. Our aim is that everybody who receives emergency treatment for their self-harm is offered phone contact with us at the hospital/Minor Injuries Unit as well as by their GP surgery. We believe it's vital they are provided with the opportunity to discuss this with a peer and to be given a wider range of options to move forward.

Further down the line, we are hoping that this project will be expanded out of Leeds into West Yorkshire, maybe reducing the service user age to 16+ instead of its current 18+.

Young people and families

We were very glad to have the opportunity to work with a small number of schools by running workshops and doing assemblies on self-harm and eating disorders. Following one such assembly we were informed by staff that a young man they had been encouraging to talk with them for quite some time, approached them immediately after the assembly asking for such a meeting. Well done that young man, taking things on board and taking this massive step forward!

We have been surprised by the levels of self-awareness young people have shown in workshops who appreciate being treated with respect, as individuals who know their own mind, and the frank, open approach of our representatives.

We also ran a workshop for a young LGBT+ group and worked together with Team Daniel, a charity running groups for young people focusing on improving wellbeing and mental health.

Our Young People's Services Developer spent a lot of time this year talking to as many young people as possible. Our definition for the term "young person" is anybody aged between 11 and 25. Early indicators show that young people are not keen on virtual services or even telephone support. They would prefer face-to-face one-to-one/group or possibly text support and they were all very open to the idea of having a workbook/journal they can work on in their own time.

Another project the Addressing Self-Harming in Leeds funded was our weekly face-to-face 16-25s group. Even though we started this group in the middle of the pandemic and insisted on people booking, we soon turned it into a drop-in group aligning it with our belief that less pressure results in less anxiety and higher likelihood of attendance. It's run by a facilitator team of 4: a member of staff and 3 volunteers who have created a comfortable, relaxed and safe space where everyone can be themselves. Attendance has been lower than we had hoped for but feedback has been exceptional.

Apart from this group's running costs, the budget also included the production of a video. This was produced by Captured by Cass, a videographer we've worked with before, and released on Self-Harm Awareness Day, March 1st. It can be found on our website as well as YouTube.

We are continuing supporting the parents and family of young people who self-harm through our virtual peer support group. This is our "heaviest" group supporting many frightened, desperate parents/family members providing them with insights, suggestions and tools to support their self-harming loved one, as well as the opportunity to express themselves in a non-judgemental space full of people who understand what they're going through. The current facilitator team differs from the original of one family member and one with lived experience of self-harm, now being made up of two family members. We felt that it was vital to have the lived experience element though so now facilitators from the standard and Inbetweeners groups take turns to attend and offer vital insights.

Young People & Families - Plans for the future

We will continue working with schools at every opportunity supporting small groups of young people who self-harm through workshops and educating larger groups by doing assemblies.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Private Facebook Group

Membership for our Facebook self-harm peer support group rose by 22% to 3,785. As in every such group, not everybody is active in the group. On March 31st the number of active members was 2,194 and over the whole year we had just under 4,000 posts.

As always, the admin/moderator team read every single post and comment ensuring the group remains safe, compassionate and non-judgemental.

Private Facebook Group - Plans for the future

We will continue monitoring the effectiveness and capacity of the admin/moderator team, reviewing our procedures and group rules as required.

Training for Professionals

We saw a huge increase in demand for our training, especially in the period between January and March. We trained a total of 280 professionals, 98 with face-to-face sessions and 182 virtually. Face-to-face workshops took place in Leeds, Manchester, Sheffield and Birmingham while with our virtual training we reached organisations as far as the Shetlands. Amongst them were the wellbeing teams of Birmingham University, Leeds Children's Services, Leeds Recovery College staff and volunteers, the DJP Foundation, IDAS Barnsley, Linking Leeds, Shetland Women's Aid, Ethos College and many others.

Training for Professionals - Plans for the future

We are happy to be able to provide both face-to-face and virtual training. There is a real thirst for knowledge provided by people with lived experience. We remain open, honest and, even, blunt, providing uncensored views into the complexity of self-harm. At the end of one session a delegate approached the trainer: "I thought I knew a little bit about self-harm when we started today. I now realise I know nothing". To which the trainer replied: "Good. Now you will listen to each person who self-harms without making assumptions". It's not about knowing the answers or even asking the right questions, it's about being willing to listen with an open mind.

Website and social media

We always try to keep our website up to date and easy to use. We had a massive increase in website traffic. Having a dedicated member of staff working on marketing and coordinating social media has made a huge difference to getting our name out. As with everything else, our volunteers play a key role promoting us over different social media platforms.

Website and Social media - plans for the future

We are constantly learning and improving our use of social media and will continue using our website as the main source of information.

Other projects/ activities

The demand for our 12-step Self-Harm Addiction Programme workbook remains steady. 170 hard copy and PDF workbooks have been ordered by people who struggle with self-harm and 60 by professionals (PDF versions) who often recommend it to their clients/service users.

In order to support those who have the workbook, we now also run a 4-weekly group run by our CEO, one of the programme authors.

Other projects/ activities - Plans for the future

Our feedback form has proved rather complicated and response has been lower than hoped. We will simplify this and encourage people to give us their views on the programme. We have been made aware that one section is proving too difficult resulting in a few people not progressing past it. This section will be reviewed.

We have almost run out of hard copies now but have secured funding from the DWF Foundation to print a further 300 – after it's been reviewed of course!

We intend to focus on existing services this year, strengthening and expanding them without overextending ourselves.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Work with partners

After a long pause, the Leeds Mental Health Collaborative's work restarted. It picked up momentum but pressures on the NHS services halted progress once again.

We partnered with the Leeds Older People's Forum in our bid to raise awareness about self-harm amongst older people, a bid that was successful.

We are sowing seeds, making connections and forging links with various organisations both in and out of Leeds. We are in a good position to make well-informed choices based on understanding which relationships would work for us and which could pull us away from our aims and ethos.

Work with partners - plans for the future

We are looking forward to more partnerships and collaboration with other organisations voluntary and statutory sector, as well as with similar-thinking private sector organisations.

Volunteers

Some of our volunteers remain on hold but we've been able to reactivate the majority by getting them involved in new projects, like FRESH and the 16-25s group. We have 45 active volunteers, some with multiple roles. Some of our virtual group facilitators have topped up their training to also deliver face-to-face services and new volunteers have been trained to deliver both face-to-face and virtual. We are overjoyed to be able to recruit from all over the UK. All our volunteer training is now virtual making this possible.

We continue recruiting facilitators from service users but we've also looked further afield for the FRESH project which needed volunteers able to deal with difficult situations on a 1-2-1 basis over the phone. But they have all risen to the challenges placed before them, acting with compassion backed up with such willingness to help and support others in need.

Our volunteers have shown incredible commitment, ability to learn and adapt as well as faith in the organisation. We are always extremely grateful to them for their continued efforts and support.

Volunteers - plans for the future

We will continue to constantly monitor volunteer numbers, skills as well as wellbeing. We try to provide them with a stable environment and we enjoy witnessing their growth and development.

Trustees & AGM

Last year we knew it was pointless wishing to run a face-to-face Annual General Meeting so we did it virtually. We added a new trustee to the ranks a few months ago who will hopefully be voted in at this year's AGM, which will hopefully be a hybrid. What a new world we're living in.

We give our members, staff and volunteers regular opportunities to virtually meet with a couple of trustees representing the board for informal discussions. We feel this is important for a meaningful two-way communication and stronger links within the organisation. Our CEO is purposefully absent from such meetings.

Trustees & AGM - plans for the future

Our AGMs will have to remain hybrid so that our members, staff, volunteers and service users out of Leeds can join us.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Achievements and performance continued

Staff & personal development

Over the last year we went from 1 member of staff to 7. Sounds much more impressive than it was in hours (2.2 FTE) but it made such a big difference to how we've been doing things.

Our CEO has been working with a mentor (linked up through ACEVO, a charity supporting third sector CEOs) which has been incredibly helpful. Between them they have decided to continue working together past the initial official 12-month agreement.

Staff & personal development - plans for the future

We've already had some changes to our team. Unfortunately, due to funding, we had to let our administrative officer go. We have secured funding for the FRESH project manager and we've raised enough funds for the continuation of the other contracts. We have also been – unexpectedly – awarded funds for a 10-hour/week volunteer manager post by the Leeds CCG so there will be some more changes. We are hoping to raise enough funds to recruit to a services support post, a quite varied and flexible role.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2022

Financial review

The net receipts for the year were £9,976, including net receipts of £16,233 on unrestricted funds and net payments of £6,257 on restricted funds, after transfers.

Funding & strategic plan

After only putting together a 2-year strategic plan the year before, this year we felt we were in a position to make longer term plans, or at least to consider them! We put a lot of time and effort into turning our new 5-year strategic plan (2022-2027) into a useful tool, a working document with a purpose. It'll be reviewed every 6 months but consulted often.

We have been able to strengthen links with existing funders and we've started building some exciting new ones.

The majority of our funding came from the Tudor Trust as part of the 3-year grant they awarded us when we were a very young charity. The Brelms Trust have continued covering our running costs as part of their 3-year grant which is coming to an end this year.

A grant from Awards For All (National Lottery Community Fund) covered wages for two posts while grants from the Charles & Elsie Sykes Trust and the Albert Hunt Trust helped us fund two more members of staff. The Addressing Self-Harming In Leeds funding managed by the Leeds Community Foundation covered the FRESH project and the 16-25s group expenses.

Funding & strategic plan - plans for the future

We have already secured another 3-year grant from the Tudor Trust covering the majority of the CEO wages, as well as more funding towards wages from the George A Moore Foundation and the Leathersellers' Company Charitable Fund. The Focus Foundation will cover the printing costs of 300 12-Step Self-Harm Addiction Programme workbooks. The Leeds Clinical Commissioning Group will cover the FRESH project costs as well as provide us with a year's funding for the volunteer manager post. Our training income is going to provide the funds needed for other paid posts while we continue applying for more funding.

Thanks to the generosity of the Tudor Trust, as well as their desire to see us grow and thrive beyond the end of their latest grant, they're covering the cost of working with a financial advisor to help us plan a financially viable future.

Reserves policy

Charity reserves are maintained for the following purposes:

- For an unforeseen emergency or other unexpected events or opportunities. This will involve thinking of events that may occur and how likely they will happen.

- To cover unforeseen operational or core costs.

- To cover gaps in income if a grant is not renewed or is unexpectedly taken away.

- To cover short-term deficits in our cash flow before a grant is received.

The trustees have determined that reserves of approximately £10,000 should be maintained for the purposes set out above.

The charity's free reserves, excluding fixed assets, at the year end were £26,493.

The charity plans to use the additional reserves to cover staffing costs in 2022-23.

Signed on behalf of the board of trustees on 15/6/2022

Jean Birch (Trustee)

Battle Scars

Independent examiner's report to the trustees of Battle Scars Charitable Incorporated Organisation ('the CIO')

I report to the charity trustees on my examination of the accounts of the CIO for the year ended 31 March 2022, which are set out on pages 13 to 16.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Claire Welling

16/6/2022

West Yorkshire Community Accountancy Service CIO

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Battle Scars

Receipts and payments account for the year ended 31 March 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Receipts					
Grants and donations	(2)	6,429	58,540	64,969	20,692
Fees and charges		12,798	-	12,798	2,593
Memberships		237	-	237	170
Other income		545	-	545	325
Total receipts		<u>20,009</u>	<u>58,540</u>	<u>78,549</u>	<u>23,780</u>
Payments					
Salaries NICs and pensions	(3)	1,770	58,067	59,837	29,839
Payroll charges		826	20	846	168
Food and refreshments		607	441	1,048	35
Training and Information		40	195	235	371
Membership costs		-	582	582	-
Crisis cards		-	-	-	420
Leaflets		214	19	233	-
Website and email		-	715	715	742
Consumables		21	326	347	490
Equipment		51	1,869	1,920	2,630
Insurance		-	134	134	323
Advertising		160	834	994	252
Phone		-	304	304	63
Printing and postage		100	331	431	1,753
Other payments		18	249	267	40
Consultancy		-	236	236	-
Accountancy and Independent examination		-	240	240	260
Addiction Programme		204	-	204	191
Total payments		<u>4,011</u>	<u>64,562</u>	<u>68,573</u>	<u>37,577</u>
Net receipts / (payments)		<u>15,998</u>	<u>(6,022)</u>	<u>9,976</u>	<u>(13,797)</u>
Transfers between funds		235	(235)	-	-
Net movement in funds after transfers		<u>16,233</u>	<u>(6,257)</u>	<u>9,976</u>	<u>(13,797)</u>
Fund balances brought forward		<u>10,260</u>	<u>19,220</u>	<u>29,480</u>	<u>43,277</u>
Fund balances carried forward	(4)	<u>26,493</u>	<u>12,963</u>	<u>39,456</u>	<u>29,480</u>

Battle Scars

Statement of assets and liabilities as at 31 March 2022

	2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £
Cash funds				
Cash at bank	26,434	12,963	39,397	29,421
Cash in hand	59	-	59	59
Total cash funds	<u>26,493</u>	<u>12,963</u>	<u>39,456</u>	<u>29,480</u>
Other monetary assets			£	
Outstanding Invoices			<u>-</u>	
			<u>-</u>	
Assets retained for the charity's own use			£	
Laptop computer x2			1,135	
Printer			330	
			<u>1,465</u>	
Liabilities			£	
Accountancy and Independent examination			<u>600</u>	
			<u>600</u>	

Approval of the accounts

The financial statements were approved by the board of trustees on 15/6/2022

Jean Birch (Trustee)

Battle Scars

Notes to the accounts

for the year ended 31 March 2022

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

2 Grants and donations

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
The Tudor Trust	-	30,700	30,700	3,500
Leeds Community Foundation	-	23,400	23,400	-
The Brelms Trust	-	3,440	3,440	3,250
The Leathersellers Company	2,500	-	2,500	-
Albert Hunt	-	1,000	1,000	-
George A Moore	1,000	-	1,000	-
Awards For All	-	-	-	10,000
The Charles & Elsie Sykes Trust	-	-	-	2,500
General donations	2,929	-	2,929	1,442
	<u>6,429</u>	<u>58,540</u>	<u>64,969</u>	<u>20,692</u>

3 Staff costs and numbers

	2022	2021
	£	£
Gross salaries	58,636	28,970
Pensions	1,201	869
	<u>59,837</u>	<u>29,839</u>

The average number employees during the year was 5.3, being an average of 2.2 full time equivalent (2021: 1, 1 FTE).

Defined contribution pension scheme

	2022	2021
	£	£
Costs of the scheme to the charity for the year	1,201	869

Battle Scars

Notes to the accounts continued for the year ended 31 March 2022

4 Restricted funds	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Tudor Trust Salaries	2,498	30,000	31,002	-	1,496
Brelms Trust	2,572	3,440	3,255	-	2,757
Tudor Wellbeing	2,000	-	276	-	1,724
Awards for All	9,650	-	9,650	-	-
Sykes Trust	2,500	-	2,265	(235)	-
Leeds Community Foundation	-	23,400	16,414	-	6,986
Tudor Development	-	700	700	-	-
Albert Hunt	-	1,000	1,000	-	-
	<u>19,220</u>	<u>58,540</u>	<u>64,562</u>	<u>(235)</u>	<u>12,963</u>

Fund name	Purpose of restriction
Tudor Trust Salaries	Towards the CEO's salary cost.
Brelms Trust	Towards the charity's core costs.
Tudor Wellbeing	Towards the cost of wellbeing.
Awards for All	Towards the cost of Virtual Groups Coordinator & Administrator salary.
Sykes Trust	Towards the cost of the Young People's Services Developer salary. A transfer of £235 was made for management costs.
Leeds Community Foundation	Towards the cost of addressing self-harm in Leeds.
Tudor Development	Towards the cost of training and mentoring.
Albert Hunt	Towards the Ambassador coordinator/ marketing salary costs.

5 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

			2022 £	2021 £
Name of trustee	Legal authority	Description of transaction		
Debbie Riley	Governing document	Provision of training	-	40
Debbie Riley	Governing document	Young People Developer	666	-
			<u>666</u>	<u>40</u>

No trustee received any other remuneration or benefit during this or the previous year.

Other related party transactions

			2022 £	2021 £
Other transactions with trustees or related parties				
Name of trustee or related party	Relationship to charity	Description of transaction		
Jenny Groves	Wife of Trustee	Salary as CEO of the charity	35,565	29,839
			<u>35,565</u>	<u>29,839</u>

BATTLE SCARS

England & Wales - Charity number 1177020

Accounts

Battle Scars

Charity number 1177020

Annual Report and Financial Statements for the year ended 31 March 2021



Battle Scars

Annual Report and Financial Statements for the year ended 31 March 2021

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Prepared by West Yorkshire Community Accounting Service

Battle Scars

Trustees' report for the year ended 31 March 2021

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
Jean Birch	Chair	
Debbie Riley	Vice-Chair	
Glenn Groves	Treasurer	
Karen Sternbach	Secretary	
Sarah Batten		
Laura Cox		Co-opted July 2020

Charity number

The charity was registered with the Charity Commission for England and Wales, number 1177020, on 6 February 2018.

Principal address

18 Alder Hill Avenue
Leeds
LS6 4JQ

Bankers

NatWest Bank plc
8 Park Row
Leeds
LS1 5HD

Accountants

West Yorkshire Community Accounting Service

Stringer House
34 Lupton Street
Leeds
LS10 2QW

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) formed on 6 February 2018 and governed by a constitution as amended on 27 October 2020.

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

Objectives and activities

The charity's objects

To relieve the needs of persons affected by self-harm in particular but not exclusively by:

Holding survivor led support groups for persons affected by self-harm and anybody interested in understanding self-harm;

Advance the education of the general public in all areas relating to self-harm;

Provide training and practical advice to:

Professionals, staff and volunteers of other organisations (public, voluntary and private sector) who deal with persons who self-harm;

Parents of school age children, young people and adults who self-harm;

Anyone wishing to attend the training or trying to understand self-harm; and

In any such ways as the trustees see fit in furtherance of said objects.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2021

Objectives and activities continued

The charity's main activities

Adult peer support groups at various locations and times to increase self-awareness and a sense of belonging and decrease isolation. A system of no referral or booking is in operation so that anybody over 18 can attend whenever they're able to. We do not have gender-specific services, they are all inclusive. We provide a safe environment to allow everybody present to be themselves, to work towards understanding and managing their behaviour and to help them re-adjust to living in a mixed society. In this way we also make our services available to those not fitting in gender stereotypes.

On-line peer support for people 13 or over for quick access to support encouraging people to develop strategies and learn to manage their self-harming behaviour.

Training for professionals from a survivor's perspective providing them with hard to get insights so they can support others more effectively.

Workshops for under 18's to educate, provide them with better self-awareness and providing them with options to better manage life.

Discussion groups for carers/ friends to increase understanding and acceptance and decrease guilt.

On-line resources and printed materials to make disclosing self-harm easier, tools to understand the behaviour and information to break down the stigma.

Volunteer development programme to increase the volunteers' self-worth and confidence, to teach them skills and provide them with different experiences.

Running stalls/information sessions to increase awareness about self-harm and our services.

We encourage our volunteers and service users to actively take part in steering the direction the organisation is taking by expressing their ideas and needs, by suggesting improvements, designing printed material and requesting the sort of resources and information they'd like to see available to them, to their families/friends and to professionals. Feeling involved and listened to makes a big difference to them. We value their input and take all their suggestions into consideration. Some we reject if they are either incompatible with our objectives or unattainable (due to funding or structure) and provide explanations for this, some are acted upon quickly while others are included in future plans. The volunteers are making running our services possible and receive compulsory as well as additional optional training, regular supervision and expenses.

Public benefit statement

In setting our objectives and planning our activities our trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, the advancement of education and the advancement of citizenship or community development.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2021

Achievements and performance

Adult services

From running 6 drop-in, no-booking-required, face-to-face peer support groups every 4 weeks in the Leeds and Wakefield areas we closed this financial year with 6 fortnightly UK virtual groups which are shorter in length to avoid Zoom-fatigue but offer more choice to our service users.

We gingerly started in May by offering a virtual group to existing service users, then opened them up to anybody based in Leeds and Wakefield. One "standard" group soon became 3: one on Tuesday morning, one on Friday afternoon and one on Monday evening.

In order to control attendance and manage the different challenges virtual groups offered, a new online booking system was set up. Volunteers on hold willing to give virtual groups a go were trained and existing face-to-face facilitators were re-trained, to create more virtual group facilitator teams of two. All virtual group facilitators attended the virtual version of our safeguarding awareness workshop specifically designed to address safeguarding in a virtual environment.

We started advertising the groups through our usual social media channels, our website and in our Facebook peer support group and started getting a lot of enquiries whether the groups were open to people outside Leeds and Wakefield. It soon became evident that there was a lot of demand so we made the groups available to any adult in the UK.

Thanks to input from our Facebook group members, it became apparent that a lot of people need support even when they manage their urges quite successfully and often wish to have that support already in place in case it's required. In order to support those whose urges are more under control or are too worried the standard groups might be triggering, in October we set up the Inbetweeners group offering support with a lighter touch. The option to join both the standard and the Inbetweeners group is available to all and it's up to them to gauge which group would suit them most at that specific time. We also wanted to ensure that there was always a smooth and easy transition between the standard and Inbetweeners group so needs could always be met without embarrassment.

By December the standard groups were filling up within an hour of opening bookings. One group was fully booked within 21 minutes. The decision to increase the number of groups was taken a few minutes later! 2 existing and 4 new volunteers came forward to help out, went through the revised and expanded group facilitator training as well as the new virtual safeguarding workshop especially designed to address safeguarding in a virtual environment.

Two more daytime groups were launched in February with firm plans to add an extra evening group. More groups will be set up depending on volunteer availability and demand with the aim of having groups running on even more days (including weekends) and at a variety of times. Also our facilitators decided to run the groups even if they drop on holidays to avoid gaps in support.

Young people and families

Unfortunately we had to suspend all services working directly with young people in schools and colleges. Even though some school staff attended our virtual training for professionals all other contact with schools ceased but we have maintained contact with other organisations supporting young people both in Leeds and nationally with the help of the Young Lives Leeds project amongst other networking initiatives.

Once again, the virtual world allowed us to create a service we had been wanting to set up for quite some time: a regular parents/family support group, a group that is open to any adult family members of someone who self-harms. The person who self-harms can be under or over 18. This is the most demanding of all our groups as we're dealing with family members who are desperate for peer support, guidance, advice and understanding, who are feeling extremely isolated and unable to broach this subject with their friends and families due to the stigma surrounding self-harm. Numbers for this group are usually low which works quite well as it allows us to give each member the time and support they need. We have a growing number of regulars who are now able to extend their support to newer members.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2021

Achievements and performance continued

Some numbers about our virtual groups:

During the period 12/05/20-31/03/21 (launch of virtual groups until end of financial year, approximately 10.5 months) we ran a total of 103 virtual groups which were attended 985 times by 121 individuals.

Approximately 47% of attendees were from Leeds postcodes with an overall 61% of attendance from Yorkshire. The Do Something Different group (see Work With Partners) was only available to Leeds residents.

Private Facebook group

This group is a vital service providing around the clock support to 3,102 members which represents a nearly 40% increase from last year. The best thing about the group is the ethos of acceptance and compassion along with the obvious desire by members to offer help.

The admin/moderator team are always vigilant but also always compassionate and try to deal with any rule breaking with the upmost sensitivity.

Training for professionals

Like most organisations we decided to turn our training virtual. We tested the Q&A sessions on self-harm and eating disorders first and then, due to demand, we turned our full 1-day workshop on self-harm into a virtual session too.

There were a multitude of tech issues we all had to deal with but with some flexibility and ingenuity, the sessions were delivered successfully.

Over the past year we trained 180 professionals, about half the number we normally train in a year, but as our reputation grows and information about us is reaching organisations out of the Yorkshire area, we are getting more interest from much further afield. This year we had the pleasure of training a number of staff and volunteers for Forward Leeds, Leeds Children's Services (residential care), Leeds Recovery College and DPJ Foundation (Wales).

Website and social media

As always, we keep our website updated and relevant. It is our "one-stop-shop" when it comes to information about Battle Scars and our services. Last year we had over 10,000 unique visitors.

An amazing team of volunteers is managing our social media on Facebook, Twitter, Instagram and LinkedIn spreading the word.

Other projects/activities

After longer than a year in the making and the involvement of over 50 Battle Scars service users and volunteers, the 12-step Self-harm Addiction Programme workbook became available in December. Thanks to the Tudor Trust, the workbook is free to order but there is a small admin charge of £1 as well as postage when requesting the hard copy.

Many of our service users' families do not know that they self-harm, something we take into consideration when posting the workbook making sure there is no indication it's coming from a self-harm support organisation.

84 copies have so far been ordered by people as far as the USA, Canada and Australia.

Before long it became apparent that professionals wanted to check this workbook out or needed a copy themselves in order to work with the people they were supporting. By January we had made a special PDF version available to them and 10 copies have been ordered by various mental health professionals, professionals working in charities as well as primary care.

Early feedback has been very positive with people recognising but overcoming the challenges and making good, steady progress. A system is being set up to obtain feedback from everybody who has got a copy at the 6 and 12-month points to see how they are progressing and what improvements will need to be made when we carry out a full review of the workbook at the end of 2022.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2021

Achievements and performance continued

We also turned our 2-hour self-harm workshop virtual for delivery via the Leeds and Wakefield Recover Colleges. We managed to keep it fully interactive and engaging.

Work with partners

Following the Crisis Summit in January 2020, the Mental Health Collaborative project ground to a halt. Towards spring this year, it started picking up momentum again. We have been working closely with Leeds Involving People to present case studies which will become the basis for the work the Collaborative will focus on during the next few months as we're trying to develop robust, compassionate support throughout someone's crisis journey (not just focusing on the crisis point).

The researchers for the project FReSHSTART run by the University of Leeds set up a more regular Covid-19 support group for the organisations involved in the project. It has been an incredibly useful initiative that has helped us forge links with other self-harm organisations in the country such as Self Injury Support UK and Harmless as well as other mental health organisations supporting adults, young people or people from ethnic minority communities.

We linked up with Mentally Healthy Leeds, a Touchstone project, to run the Do Something Different virtual group every 4 weeks. This is an activity and discussion mix group where we've done craft, magic tricks, music that has significant meaning for us, massage and even a "don't-show-and-tell" session linking up to what we find grounding, using "masking" to avoid showing how we're feeling, items that give us comfort etc. Considering this group was meant for face-to-face delivery, we've had to be very imaginative but it has been quite successful.

As always, we work closely with our service users and volunteers to develop and improve services and we are now more confident to partner with other organisations with funding bids.

Plans for the future 2021-22

Funding has already been secured to employ a virtual groups coordinator as well as an administrator, to look more closely into developing services for young people, to set up a face-to-face group for 16-25 year-olds and to set up a phone follow up service (Leeds only) for people who required emergency treatment for self-harm injuries at A&E.

Face-to-face services, such as adult groups, services in schools and training for professionals, in Leeds and Wakefield will re-start when it's safe and practical to do so (i.e. when we have access to the venues we were using and following thorough risk assessments) while all virtual services will remain operational. We're hoping to expand on both face-to-face and virtual services over the next year both locally and nationally.

Battle Scars

Trustees' report (continued) for the year ended 31 March 2021

Financial review

The net payments for the year were £13,797, including net receipts of £2,582 on unrestricted funds and net payments of £16,379 on restricted funds.

Reserves policy

Charity reserves are maintained for the following purposes:

For an unforeseen emergency or other unexpected events or opportunities. This will involve thinking of events that may occur and how likely they will happen.

To cover unforeseen operational or core costs.

To cover gaps in income if a grant is not renewed or is unexpectedly taken away.

To cover short-term deficits in our cash flow before a grant is received.

The trustees have determined that reserves of approximately £10,000 should be maintained for the purposes set out above.

The charity's free reserves, excluding fixed assets, at the year end were £10,260.

Covid-19 and going concern

Whilst the activities of the charity have been affected by the coronavirus pandemic, the trustees have considered the forecast income and expenditure and are satisfied that there are no material uncertainties so significant as to cast doubt of the ability to continue as a going concern.

Signed on behalf of the board of trustees on 15/8/2021

Sarah Batten (Trustee)

Battle Scars

Receipts and payments account for the year ended 31 March 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Receipts					
Grants and donations	(2)	1,442	19,250	20,692	69,363
Fees and charges		2,593	-	2,593	6,307
Memberships		170	-	170	58
Other income		325	-	325	-
Total receipts		4,530	19,250	23,780	75,728
Payments					
Salaries NICs and pensions	(3)	-	29,839	29,839	28,853
Payroll charges		6	162	168	168
Travel and subsistence		35	-	35	2,611
Food and refreshments		-	-	-	404
Training and Information		263	108	371	1,295
Membership costs		-	-	-	20
Crisis cards		-	420	420	171
Leaflets		-	-	-	368
Website and email		206	536	742	283
Consumables		490	-	490	153
Equipment		103	2,527	2,630	965
Insurance		14	309	323	309
Advertising		106	146	252	205
Phone		-	63	63	62
Printing and postage		234	1,519	1,753	153
Venue hire		-	-	-	445
Other payments		40	-	40	83
Consultancy		-	-	-	3,500
Accountancy and Independent examination		260	-	260	240
Addiction Programme		191	-	191	-
Total payments		1,948	35,629	37,577	40,288
Net receipts / (payments)		2,582	(16,379)	(13,797)	35,440
Fund balances brought forward		7,678	35,599	43,277	7,837
Fund balances carried forward	(4)	10,260	19,220	29,480	43,277

Battle Scars

Statement of assets and liabilities as at 31 March 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	10,201	19,220	29,421	43,218
Cash in hand	59	-	59	59
Total cash funds	<u>10,260</u>	<u>19,220</u>	<u>29,480</u>	<u>43,277</u>
Other monetary assets			£	
Debtors			174	
Prepaid insurance			51	
			<u>225</u>	
Assets retained for the charity's own use			£	
Laptop computer			650	
			<u>650</u>	
Liabilities			£	
Accountancy			240	
			<u>240</u>	

Approval of the accounts

The financial statements were approved by the board of trustees on 15/8/2021

Sarah Batten (Trustee)

Battle Scars

Notes to the accounts

for the year ended 31 March 2021

1 Accounting policies

Basis of accounting

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Battle Scars

Notes to the accounts continued for the year ended 31 March 2021

2 Grants and donations	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Awards For All	-	10,000	10,000	-
The Brelms Trust	-	3,250	3,250	2,940
The Charles & Elsie Sykes Trust	-	2,500	2,500	-
The Tudor Trust	-	3,500	3,500	63,500
Trelux Charitable Trust	-	-	-	1,000
The Wharfedale Foundation	-	-	-	500
General donations	1,442	-	1,442	1,423
	<u>1,442</u>	<u>19,250</u>	<u>20,692</u>	<u>69,363</u>

3 Staff costs and numbers	2021 £	2020 £
Gross salaries	28,970	28,013
Pensions	869	840
	<u>29,839</u>	<u>28,853</u>

The average number employees during the year was 1, being an average of 1 full time equivalent (2020: 1, 1 FTE).

Defined contribution pension scheme	2021 £	2020 £
Costs of the scheme to the charity for the year	869	840

4 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
National Lottery	108	-	108	-	-
Tudor Trust Salaries	32,499	-	30,001	-	2,498
Brelms Trust	2,492	3,250	3,170	-	2,572
Wharfedale Foundation	500	-	500	-	-
Tudor Trust Covid	-	1,500	1,500	-	-
Tudor Wellbeing	-	2,000	-	-	2,000
Awards For All	-	10,000	350	-	9,650
Sykes Trust	-	2,500	-	-	2,500
	<u>35,599</u>	<u>19,250</u>	<u>35,629</u>	<u>-</u>	<u>19,220</u>

Fund name	Purpose of restriction
National Lottery	Towards the volunteer development programme.
Tudor Trust Salaries	Towards the CEO's salary cost.
Brelms Trust	Towards the charity's core costs.
Wharfedale Foundation	Towards the crisis cards project costs.
Tudor Trust Covid	Towards the cost of salaries.
Tudor Wellbeing	Towards the cost of wellbeing.
Awards For All	Towards the cost of Virtual Groups Coordinator & Administrator salary.
Sykes Trust	Towards the cost of the Young People's Services Developer salary.

Battle Scars

Notes to the accounts continued for the year ended 31 March 2021

5 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

			2021	2020
			£	£
Name of trustee	Legal authority	Description of transaction		
Debbie Riley	Governing document	Provision of training	40	455
			<u>40</u>	<u>455</u>

No trustee received any other remuneration or benefit during this or the previous year.

Other related party transactions

			2021	2020
			£	£
Name of trustee or related party	Relationship to charity	Description of transaction		
Jenny Groves	Wife of Trustee	Salary as CEO of the charity	29,839	28,853
			<u>29,839</u>	<u>28,853</u>