

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

Contents	Page
Trustees' report	2 to 7
Receipts and payments account	8
Statement of assets and liabilities	9
Notes to the accounts	10 to 12

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

Other transactions with trustees or related parties

			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>