

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

Contents	Page
Trustees' report	2 to 11
Examiner's report	12
Receipts and payments account	13
Statement of assets and liabilities	14
Notes to the accounts	15 to 16

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>	
Assets retained for the charity's own use			£	
Laptop computer x2			1,135	
Printer			330	
			<u>1,465</u>	
Liabilities			£	
Accountancy and Independent examination			600	
			<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>