

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

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 17

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