

# **Battle Scars**

Charity number England and Wales 1177020

Charity number Scotland SC052466

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



**WYCAS**

COMMUNITY ACCOUNTING  
WEST YORKSHIRE

# **Battle Scars**

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

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**Prepared by West Yorkshire Community Accountancy Service CIO**

# Battle Scars

## Trustees' report for the year ended 30 March 2024

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

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

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

### Independent examiner

Simon Bostrom FCIE

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

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

### Method of recruitment and appointment of trustees

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

# **Battle Scars**

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

### **Objectives and activities continued**

#### **The charity's objects**

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

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

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

Provide training and practical advice to:

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

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

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

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

#### **The charity's main activities**

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

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

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

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

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

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

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

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

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

#### **Public benefit statement**

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

# Battle Scars

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

### Achievements and performance

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

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

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

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

### Impact & value

#### Adult services - virtual

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

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

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

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

# Battle Scars

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

### Achievements and performance continued

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

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

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

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

Recent topics discussed at the groups included:

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

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

### Plans for the future

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

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

### Adult services – face-to-face

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

# **Battle Scars**

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

### **Achievements and performance continued**

#### **Plans for the future**

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

#### **Adult services – phone**

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

#### **Plans for the future**

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

### **Young people and families**

#### **Work with under 18's**

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

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

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

#### **16-25s group**

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

#### **Family**

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

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

# **Battle Scars**

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

### **Achievements and performance continued**

#### **Plans for the future**

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

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

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

#### **Private Facebook group**

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

#### **Plans for the future**

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

#### **Training for professionals**

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

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

#### **Plans for the future**

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

#### **Getting the word out**

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

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

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

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



# **Battle Scars**

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

### **Achievements and performance continued**

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

### **Plans for the future**

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

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

### **Other projects/activities**

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

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

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

### **Plans for the future**

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

### **Work with partners**

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

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

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

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

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

# **Battle Scars**

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

### **Achievements and performance continued**

#### **Plans for the future**

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

### **Volunteers, staff and development**

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

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

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

### **Trustees & AGM**

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

### **Plans for the future**

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

### **Funding & strategic plan**

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

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

### **Plans for the future**

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

## **Battle Scars**

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

#### **Financial review**

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

#### **Reserves policy**

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

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

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

Jean Birch (Trustee)

# **Battle Scars**

## **Independent examiner's report to the trustees of Battle Scars**

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

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

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

Simon Bostrom FCIE

8/7/2024

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

## Battle Scars

### Receipts and payments account for the year ended 30 March 2024

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

# Battle Scars

## Statement of assets and liabilities as at 30 March 2024

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

### Debtors and prepayments

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

### Assets retained for the charity's own use

Laptop computer x2  
Printer

### Liabilities

	2024
	£
Accruals	924
	<u>924</u>

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

Jean Birch (Trustee)

# **Battle Scars**

## **Notes to the accounts**

### **for the year ended 30 March 2024**

#### **1 Accounting policies**

##### **Basis of accounting**

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

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

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

##### **Taxation**

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

##### **Fund accounting**

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

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

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

# Battle Scars

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

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

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



# Battle Scars

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

### 3 Restricted funds continued

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

### 4 Related party transactions

#### Trustee expenses

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

#### Trustee expenses

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

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

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

# **Battle Scars**

## **Independent examiner's report to the trustees of Battle Scars**

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

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

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

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

Signed:  .....

Name: Simon Bostrom FCIE

8/7/2024

### **West Yorkshire Community Accountancy Service CIO**

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW