

## **Battle Scars**

Charity number England and Wales 1177020

Charity number Scotland SC052466

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



**WYCAS**

COMMUNITY ACCOUNTING  
WEST YORKSHIRE

# **Battle Scars**

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

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

# Battle Scars

## Trustees' report for the year ended 31 March 2025

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

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

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

### Registered and principal address

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

### Bankers

NatWest Bank plc  
8 Park Row  
Leeds  
LS1 5HD

### Independent examiner

Simon Bostrom FCIE

### West Yorkshire Community Accountancy Service CIO

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

### Structure, governance and management

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

### Method of recruitment and appointment of trustees

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

# **Battle Scars**

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

### **Objectives and activities continued**

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

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

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

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

Provide training and practical advice to:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **Public benefit statement**

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

# **Battle Scars**

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

### **Achievements and performance**

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

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

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

### **Impact & Value**

#### **Adult services – face-to-face**

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

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

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

#### **Adult services – virtual**

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

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

# **Battle Scars**

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

### **Achievements and performance continued**

#### ***Adult services – phone***

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

#### ***All ages Facebook group***

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

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

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

#### ***Plans and aspirations***

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

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

### **Young people and families**

#### ***Discovery Journal***

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

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

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

# **Battle Scars**

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

### **Achievements and performance continued**

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

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

#### ***Video for children and young people***

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

#### ***Family***

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

#### ***Plans & aspirations***

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

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

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

### **Training delivery**

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

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

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

# **Battle Scars**

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

### **Achievements and performance continued**

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

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

### ***Plans & aspirations***

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

### **The Onward Mental Health & Wellbeing Hub**

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

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

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

### ***Plans & aspirations***

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

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

### **Work in Scotland**

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



# **Battle Scars**

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

### **Achievements and performance continued**

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

### **Plans & aspirations**

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

### **Research**

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

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

### **Other opportunities**

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

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

### **The Battle Scars workforce**

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

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

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

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

# **Battle Scars**

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

### **Funding & strategic plan**

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

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

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

### **Financial review**

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

### **Reserves policy**

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

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

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

Jean Birch (Trustee)

# **Battle Scars**

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

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

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

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

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

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

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

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

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

Simon Bostrom FCIE

11/07/2025

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

Stringer House  
34 Lupton Street  
Leeds  
LS10 2QW

# Battle Scars

## Receipts and payments account for the year ended 31 March 2025

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

# Battle Scars

## Statement of assets and liabilities as at 31 March 2025

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

### Debtors and prepayments

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

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

Laptop computer x2  
Printer

### Liabilities

	2025
	£
Accruals	924
	<u>924</u>

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

Jean Birch (Trustee)

# **Battle Scars**

## **Notes to the accounts**

### **for the year ended 31 March 2025**

#### **1 Accounting policies**

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

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

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

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

##### **Taxation**

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

##### **Fund accounting**

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

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

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

# Battle Scars

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

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

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

# Battle Scars

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

### 3 Restricted funds continued

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

### 4 Related party transactions

#### Trustee expenses

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

#### Trustee expenses

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

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

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