



# Battle Scars BULLETIN



W: [battle-scars-self-harm.org.uk](http://battle-scars-self-harm.org.uk)

NOVEMBER 2022

## Book your professional training with Battle Scars from only £30pp



**Battle Scars**  
**ONE-DAY VIRTUAL WORKSHOP ON SELF-HARM**



**TUESDAY 29TH NOVEMBER 2022 10AM-3.30PM**  
Hosted by  
**Jenny Groves**  
CEO & Founder  
**Battle Scars**  
Self-harm Support Charity

**SPACE IS LIMITED**  
**BOOK YOUR PLACE NOW**

[www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

A Brief Introduction to Battle Scars and our services, or a one-day workshop on self-harm for private "in-house" delivery can be offered. If you'd like to book a private session for your team **please contact us: [info@battle-scars.org.uk](mailto:info@battle-scars.org.uk)**



**SAVE THE DATE**  
**Battle Scars** **FREE** UPCOMING **WEBINAR**

HOSTED BY  
**JENNY GROVES**  
CEO & FOUNDER  
**BATTLE SCARS**

**TUESDAY 6 DECEMBER 1-2 PM**

Bookings via Eventbrite for the Battle Scars Webinar: **The Myths & Realities of Self-harm** will open approximately 1 month before this event. **Join our mailing list via the Battle Scars website to be notified first about all our events.**


**BOOK NOW!**  
2-hour online Q&A sessions on **EATING DISORDERS 13 DECEMBER 2-4PM**  
2-hour online Q&A sessions on **SELF-HARM 24 NOVEMBER 10-12 NOON**



**DROP-IN FOR LEEDS 16-25s**  
Lovell Park Hub  
Wintoun Street Leeds LS7 1DX  
Every Monday 6.30-8.30pm


**ONLINE PEER SUPPORT FOR PARENTS / CARERS** *Supporting the families of people who self-harm*  
**Families / Friends** of people of any age who struggle with self-harm. Alternate Mondays & Tuesdays 6.30-8pm

**'INBETWEENERS'** *Inbetweeners self-harm peer support group*  
an online adult peer support group for people who struggle with self-harm but do not (or rarely) act on the urges. Alternate Thursdays 6.30-7.30pm



**LEEDS FACE-2-FACE ADULTS DROP-IN**

<b>Wednesday</b> 2 November 6.30-8.30pm	<b>Tuesday</b> 8 November 6.30-8.30pm
<b>Lovell Park Hub</b> Wintoun Street Leeds LS7 1DA	<b>Vale Circles Hub</b> 12 Tunstall Rd Leeds LS11 5JF
<b>Future dates:</b>	
30 Nov & 28 Dec	6 Dec & 3 Jan



**ADULTS ONLINE PEER SUPPORT GROUPS**  
Alternate Mondays 6.30-7.30pm  
Alternate Wednesdays 6.30-7.30pm  
Alternate Thursdays 6.30-7.30pm  
Alternate Fridays 1-2pm

**Online Adult Peer support groups, Families, and Inbetweeners Groups please register via our website to join**



Supporting anybody affected by self-harm

Our aim is to

- break down the stigma
- raise awareness
- dispel the myths
- support those affected by self-harm irrelevant of gender age background and location

**Battle Scars needs your support**

**DONATE NOW**

Battle Scars is registered with CAF (Charities Aid Foundation) and can take free-of-charge and credit card donations as well as regular direct debit ones via the website: <https://uk.battle-scars.org>

Registered charity No. 1177020 [WWW.BATTLE-SCARS-SELF-HARM.ORG.UK](http://WWW.BATTLE-SCARS-SELF-HARM.ORG.UK)



**Crisis Card**  
Developed by Battle Scars service users who have experienced severe mental distress

It's hard to express your needs when in crisis

Just show the Crisis Card to those trying to support you

The Crisis Card gives you the opportunity to have a say in your care even when you can't speak

Order via [www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

**BATTLE SCARS FUNDRAISING RAFFLE**

Hand-carved (10cm wide) Phoenix in Lime by the Battle Scars CEO

**Draw date Sunday 27 November 2022**



**£1 per ticket:**  
<https://www.battle-scars-self-harm.org.uk/raffle.html>