



## Battle Scars

### Organisation details

Battle Scars is a small, dedicated charity that is 100% survivor-led and run, offering local, regional, national, and international support for self-harm.

The Battle Scars expert support team has lived experience with self-harm, making them uniquely qualified to handle even the most complex cases. Their core mission is to break down stigma, raise awareness, and dispel myths to support anyone affected, regardless of gender, age, background, or location.

### Challenge Details

In the last two years, they established a well-used Mental Health Hub in South Leeds. Thanks to hundreds of litres of paint and hundreds of dedicated volunteers, Battle Scars completely restored the building. With the interior complete, they are now focusing their efforts on the outside. The images below show, this building has been completely renovated.

The final part of the renovation is to create outdoor spaces for people accessing support can use.

This will involve: (Site Pictures below)

- Removing Shrubberies
- Levelling Ground
- Installing Benches
- Installing pathway

### Number of volunteers

We are looking for a team of 5-15 volunteers to help achieve this.

### On-site support

On the day Participate will be providing a member of staff to support the volunteers. A trained first aider and first aid kit will be available during the challenge. A tools talk and health and safety briefing will be given by Participate at the beginning of the day. We will also share with you our completed Risk Assessment for your own records, once interest is submitted.

### Preparation

Volunteers will be undertaking construction, painting and gardening activities and are required to wear old and reasonably robust clothing that they do not mind being potentially stained by paint. Volunteers should pay particular attention to footwear wearing tough shoes or boots. This is a relatively low risk challenge and where personal protective equipment is required it will be provided. This will include safety gloves. This challenge is taking place outdoors and as such the volunteers should be prepared for inclement weather or sunshine.

## Site Pictures



## Contact Details

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