

# OUR PRINCIPLES

We believe that health is affected by many things and that emotional and mental well being, social issues and physical health are all equally important

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We believe that women are experts about their own health

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We work with women across Leeds, sharing in the diversity of our communities

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We aim to work particularly with women who do not usually make use of services

ALL OUR SERVICES  
ARE CONFIDENTIAL AND FREE



RUN BY WOMEN FOR WOMEN



WE OFFER FREE CONDOMS  
AND PREGNANCY TESTS



OUR STAFF, VOLUNTEERS AND  
MANAGEMENT COMMITTEE  
MEMBERS ARE ALL WOMEN



WORKING WITH WOMEN ACROSS  
LEEDS SO THAT TOGETHER THEY  
CAN TAKE CONTROL OF THEIR  
LIVES AND THEIR HEALTH



WOMENS HEALTH MATTERS  
BRIDGE HOUSE, BALM ROAD  
LEEDS LS10 2TP

tel: 0113 276 2851 fax: 0113 201 6040

minicom: 0113 277 1444

e-mail: [admin@womenshealthmatters.org.uk](mailto:admin@womenshealthmatters.org.uk)



with all kinds  
of women,  
for all kinds  
of health



# WHAT WE OFFER

## Enquiry Line

if you have any questions connected with health or well being we can provide free leaflets, information and fact sheets, available in various formats and languages

## Support

one to one support, counselling and women only groups

## Training

we can help you to find out about training

## Signposting

we can help you get in touch with local and national organisations and support groups

## Research

research on issues that directly affect women

## Information

free information about anything to do with health and well being

## Volunteering

we can help you find out about volunteering opportunities

## Groups

we run women only groups across Leeds offering a safe space for activities and friendship

## Events

we regularly hold celebration events in the community with accessible venues, free food, free crèche and information stalls

# HOW WE WORK

We use a community development approach – this means...

Women making decisions

Women are actively involved in the issues which affect their lives

We share power, skills, knowledge and experience allowing individuals and communities to grow, change and create their own responses to local situations

We believe that working in this way is good for women, their families and their communities

