

Over the financial year 2024-2025,
Women's Health Matters (WHM)



worked with

1702

women and girls

1376

women and girls
received intensive
group support

404

women and girls
received support with
finances, food, and
toiletries

311

children received
support

We ran **979** group sessions and **1,744** 1-to-1 sessions

60% of our **staff** and
trustees have lived
experience of **domestic
violence and abuse**.

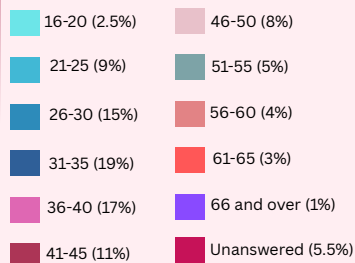
We engaged with **46 volunteers**
including trustees, volunteers
and students and worked with
22 external workers who are
seconded to us to support our
groups free of charge from their
organisations.

We engaged with people **61,934** times across
Facebook, Instagram, X, and Bluesky. Across these
platforms, and our **MNVP Facebook** group, we have
6,891 followers.

We hosted our co-produced and co-facilitated
**Survivor's Voices: Domestic Abuse Awareness
Training and Understanding the Impact of Child
Removal on Women: A Compassionate Approach
Training** for **34** delegates.

Age, Ethnicity and Disability

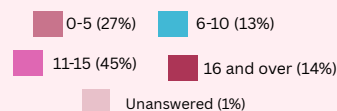
Women



African (**11.5%**)
Arab (**1%**)
Bangladeshi (**1%**)
Black Caribbean and White (**2%**)
White British (**49%**)
Caribbean (**1%**)
Chinese (**1%**)
Eastern European (**1.5%**)
Indian (**1.5%**)
Pakistani (**4%**)
White and Asian (**0.5%**)
White and Black African (**1%**)
Other Black background (**0.5%**)
Other multiple backgrounds (**1%**)
Other White background (**2%**)
Other Asian background (**1.5%**)
Any other (**6%**)
Unanswered (**14%**)

37% of women report having
a disability, of which **14%**
report multiple disabilities.

Children



African (**3%**)
Bangladeshi (**1%**)
Caribbean (**2%**)
Eastern European (**1%**)
Pakistani (**3%**)
Roma (**1%**)
White British (**51%**)
White and Black Caribbean (**5%**)
White and Asian (**1%**)
White and Black African (**1%**)
Other multiple backgrounds (**1%**)
Other Asian background (**1%**)
Other White background (**2%**)
Any other (**1%**)
Unanswered (**26%**)

22% have a disability, **5%** of which have multiple disabilities.

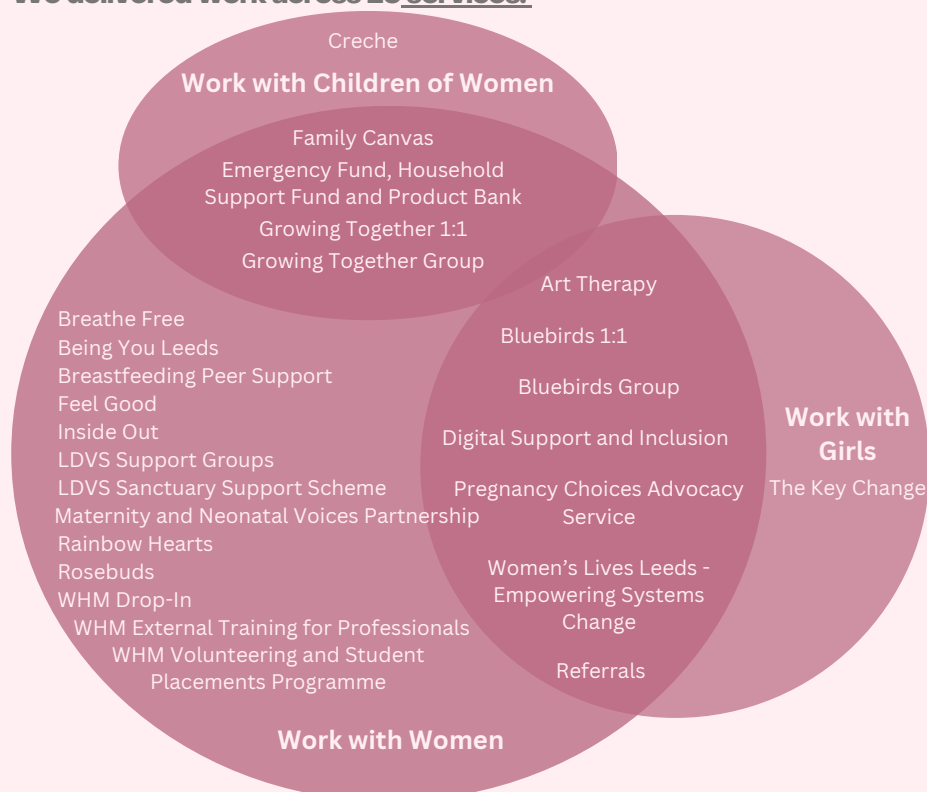
These women and girls are most at risk, including those experiencing **domestic violence, sexual and emotional abuse**, those with **children in care or at risk of being removed**, women seeking asylum, women with **learning disabilities**, and women with **complex needs or mental health and wellbeing needs**. We also support with parenting and pregnancy choices. We take a **woman-centred holistic approach**, creating a safe, nurturing environment to **help women and girls recover their confidence, explore their own needs and regain control over their lives**.

WHM supported women and girls of **37 different nationalities**, who spoke **33 different languages**.

27% of women state they are not British nationals, of these **48%** are seeking asylum, **25%** are refugees, **4%** have limited or indefinite leave to remain and **1%** have settled status. The remaining **22%** include those on a spousal visa, and those with unknown status.

We worked across the **12 areas in Leeds** ranked in the **most deprived 1% nationally**, by the Index for Multiple Deprivation (2019).

We delivered work across **26 services**:



100%

of women felt happy with the support they received from WHM

100%

agree that they feel able to get the support that they need from WHM

93%

agree that support received has improved their mental wellbeing

93%

agree that they feel better able to make their own choices following support

91% agree that they feel **safer** following support

81% agree that they feel **less anxious** following support

87% agree that they feel more **positive about the future**

96% agree that they received help from WHM that they **couldn't have got anywhere else**

92% agree that they have **increased their self-confidence**

88% agree that they feel **better about themselves**

"Going to this group has helped my self-confidence and helped me come to terms with what's happened. It's nice to be with people who understand what you are going through so you don't feel alone"

"WHM has helped set me on a path to find the lost me, to be me and to embrace me"

"WHM helped me understand what I went through and that it's okay to feel what I feel. It helped me realise that I am not alone and that I can still be happy"

"My confidence and understanding of myself and my situation has increased tenfold"

80% of women have received financial support and/or items such as food, toiletries and clothing from WHM

62% have received support with travel costs to attend sessions

84% agree that they would not have been able to attend sessions without travel costs

"It has helped my mental well being and helped me financially"

96% agree that they are better able to **respond to abusive relationships** following support

94% agree that they can leave or **feel able to leave** an **abusive relationship** if they wanted following support

"I feel empowered knowing about the signs and characteristics of abuse, and how to get help, set boundaries and look after myself. I feel validated in meeting other survivors and sharing similar struggles"

84% agree that they feel better able to **stand up for themselves**

83% agree that support received has improved their **physical wellbeing**

96% of those with children agree that they have **improved their parenting skills** following support

97% of those with children agree that **their children** have **increased their confidence** following support

"WHM has helped me in many ways, emotionally, financially, but most of all, I felt heard and supported, and that gave me strength to continue, knowing I am not alone"

87% agree that they have **widened their support network** following support

83% agree that they **feel less lonely** following support

87% agree that they have **made friends who understand them** following support

96% agree that they **understand what abuse** is following support

"WHM has given me the confidence and support to process what I have been through. I feel supported and able to reach out for advice and support in a way I haven't before with other services, such as the GP or in educational settings. I also feel the tools they've given me are supporting me to communicate better in all aspects of my relationships. I feel confident to speak up for myself"

Case Study

Katie (name changed for confidentiality) is a 28-year-old mother of three children who has experienced significant trauma throughout her life. Katie grew up in the care system, having been removed from her mother's care due to neglect. She was groomed and experienced domestic violence from a young age.

Katie had her first baby at 18 years old, but due to domestic abuse, had her first two children removed and placed for adoption. Her youngest child was placed in long-term foster care following a court ruling. Despite these challenges, Katie began attending Inside Out, where, for the first time, she acknowledged and began to process her own childhood trauma. This marked a turning point, as she reached out to Children's Social Work Service (CSWS) for support and to advocate for herself around what happened to her as a child.

Katie worked to rebuild her relationship with CSWS, independently arranging meetings to request increased contact with her youngest child and pushed for a reassessment. Though Katie was denied legal aid, she showed remarkable strength by choosing to represent herself in court, something she never believed she could do. Her daughter's social worker recognised the significant changes Katie has made and supported a further assessment, with the longer-term goal of potential reunification.