



Women's Health Matters

It's not the injustice that drives us, it's
her hope for a better life.

Women's Health Matters champions freedom for disadvantaged women and girls in and around Leeds so they may have a fair chance at a better life. We specialise in group work, peer support, and providing one-to-one support. Our broad health remit enables women experiencing violence and abuse to raise these issues in safety and to receive support without stigma or partner suspicion.

Breastfeeding Peer Support (along with Health for All) provides peer support groups and advice and support from specialists and trained advisers for new mums.

Breathe Free is a project for women who have experienced complex trauma, usually domestic violence, and are potentially at risk of having a child removed into care as a result.

Digital Support Lending Library supports women accessing WHM services and their families to access support services and groups online with the lending of Chromebooks, tablets, and mobile phones.

Domestic violence education and peer support groups (Leeds Domestic Violence Service) for any woman who has experienced or is experiencing domestic violence which run across the city.

Family Canvas is an arts-based project that aims to give those already working with WHM an opportunity to explore their creativity in an encouraging and non-judgmental environment.

Feel Good is a health and wellbeing education group for women with learning disabilities.

Inside Out is a parenting course for women who have had children removed from their care.

LDVS Sanctuary Support Scheme for survivors who require additional security measures, safety planning, and one-to-one support.

Maternity Voices Partnership Chair role is held by WHM, to effect changes and improvements to maternity services, bringing together practitioners and service users.

Rainbow Hearts is a social support group for women who are seeking asylum.

Rosebuds is a social support group for women whose children are being cared for by someone else.

Snowdrops offer one to one support and an online well-being group for vulnerable women.

Sunflowers is a service for asylum-seeking women to support their well-being through one-to-one and group work.

The Key Change offers support within school settings to girls and young women who have witnessed, experienced, or are at risk of experiencing unhealthy or abusive relationships.

Women's Lives Leeds Empowering Systems Change Advisory Board for women supported by Women's Lives Leeds Alliance partner organisations to influence change within services in the city.

Wow! for women in Leeds who are seeking asylum to support and encourage each other to be more physically active.

Young Snowdrops offers one to one support and peer support groups for young women and girls who are or could be affected by domestic violence.

Your Space (with Touchstone and Holbeck Together) supports those living or working in Leeds to increase their well-being by offering a range of wellbeing activities, awareness campaigns & signposting.