



Annual Client Snapshot Survey

2024 - 2025

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



1376

women and girls received
intensive group support

1702

women and girls



404

women and girls received support
with finances, food and toiletries

311

children received
support

We ran:

2723 sessions

including:

979

group sessions

&

1744

1-to-1 sessions

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

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 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.

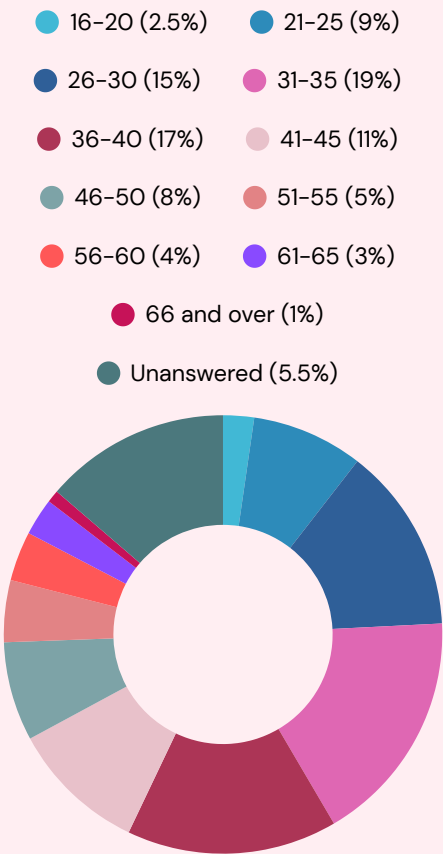
We hosted our co-produced and co-facilitated **Survivor's Voices: Domestic Abuse Awareness Training**, and our **Understanding the Impact of Child Removal on Women: A Compassionate Approach** training for **34 delegates**.

We delivered work across 26 services:

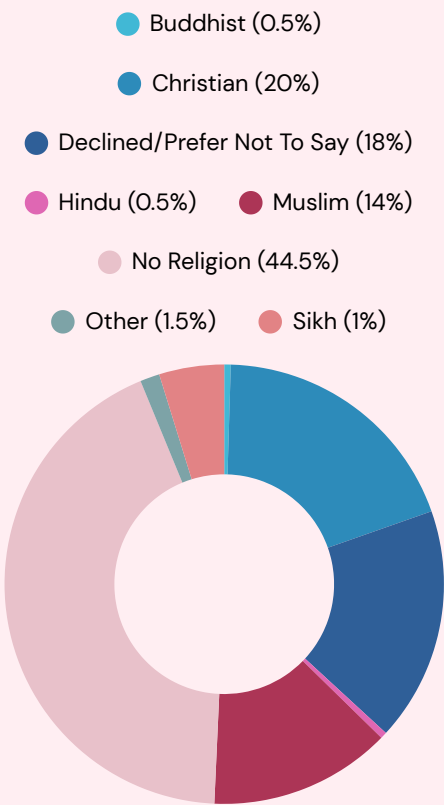
- Art Therapy
- Being You Leeds
- Bluebirds 1:1 Support
- Bluebirds Group Support
- Breastfeeding Peer Support
- Breathe Free
- Creche
- Digital Support and Inclusion
- Emergency Fund, Household Support Fund and Product Bank
- Family Canvas
- Feel Good
- Growing Together 1:1 Support
- Growing Together Group
- Inside Out
- Leeds Domestic Violence Service Support Groups
- LDVS Sanctuary Support
- Maternity and Neonatal Voices Partnership
- Pregnancy Choices Advocacy Service
- Rainbow Hearts
- Referrals and Short-Term Work
- Rosebuds
- The Key Change
- Women's Lives Leeds -Empowering Systems Change
- WHM Drop-In
- WHM External Training for Professionals
- WHM Volunteering and Student Placements Programme

Database Information – Women

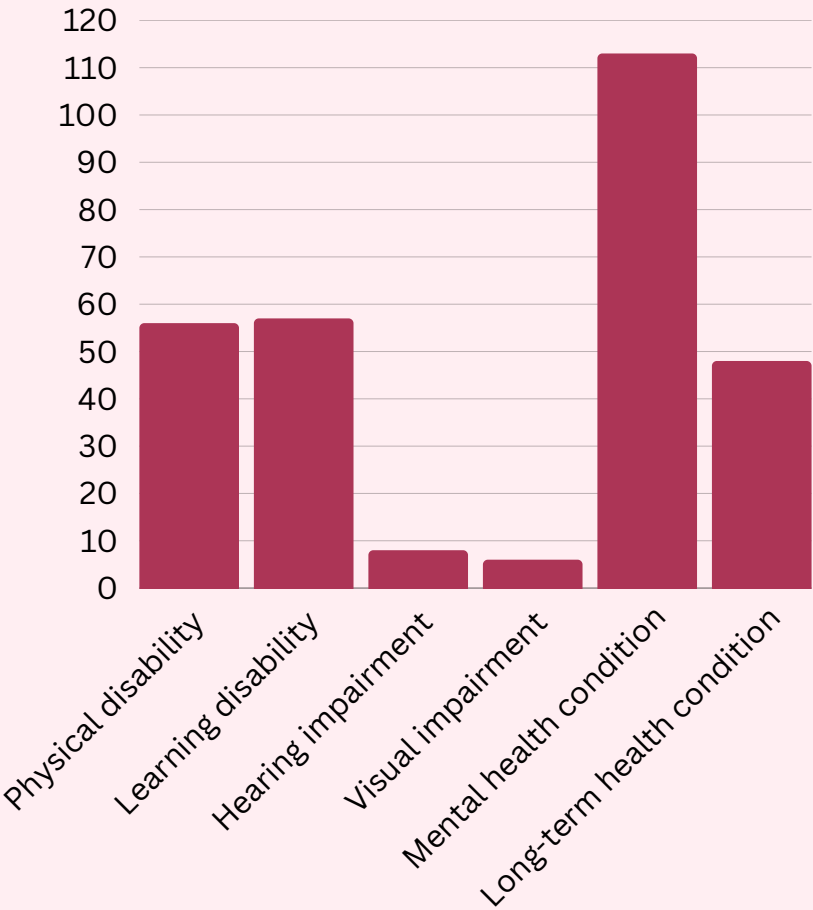
Age of Women



Religion of Women



Types of Disability

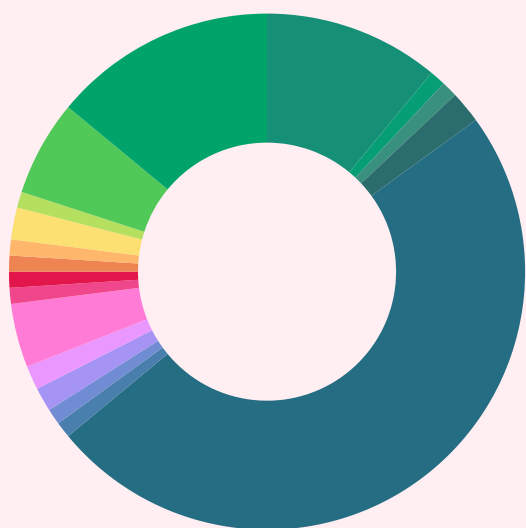
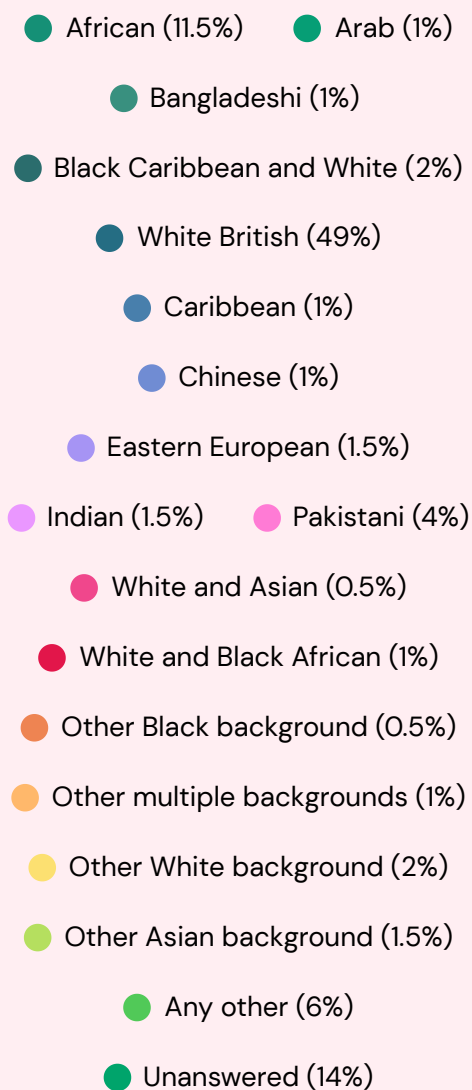


37%
of the women we worked with
reported a disability

14%
of those with a disability
reported multiple disabilities

5%
reported a 'dual diagnosis' of a
mental health condition in
addition to drug or alcohol abuse

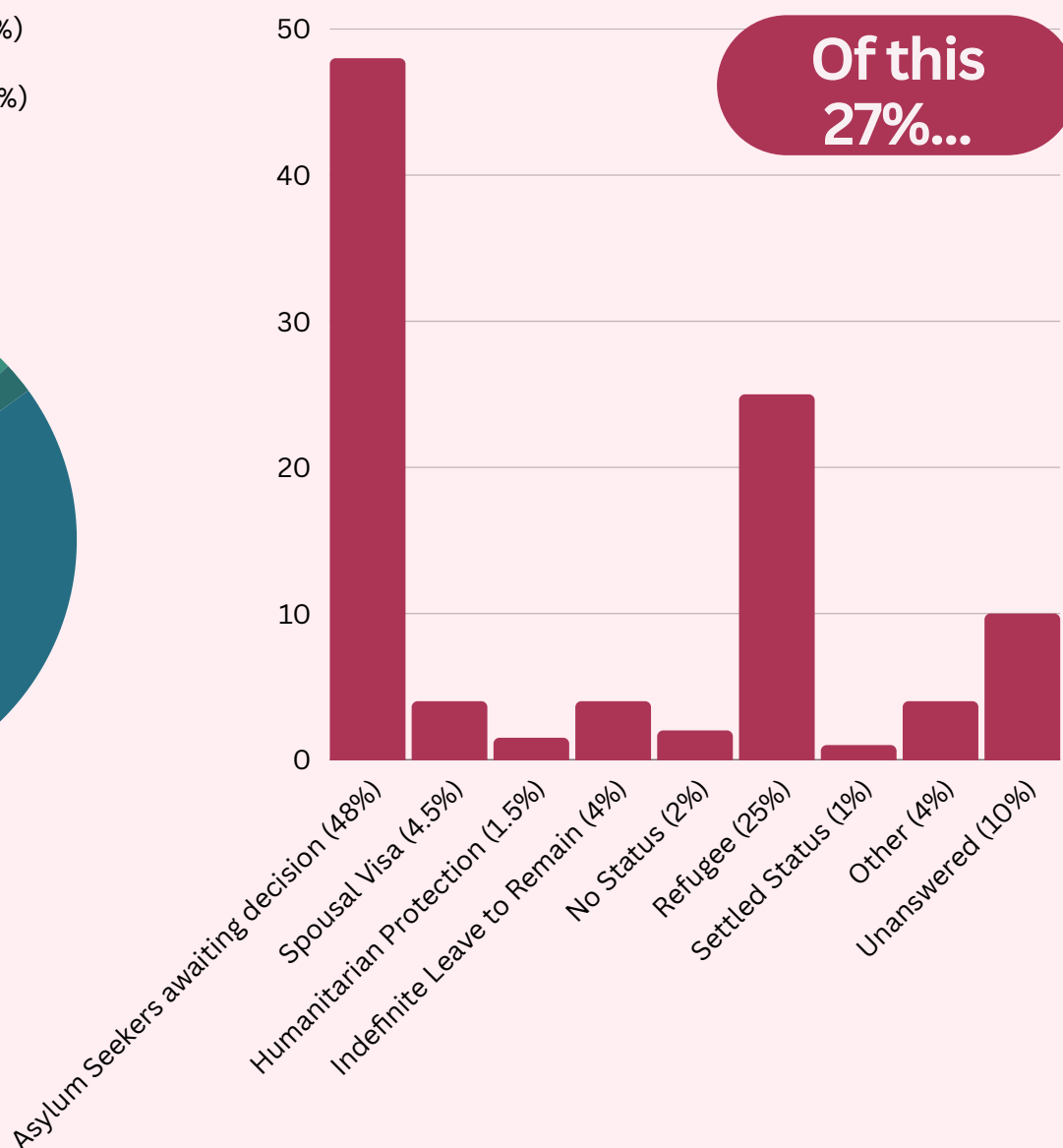
Ethnicity of Women



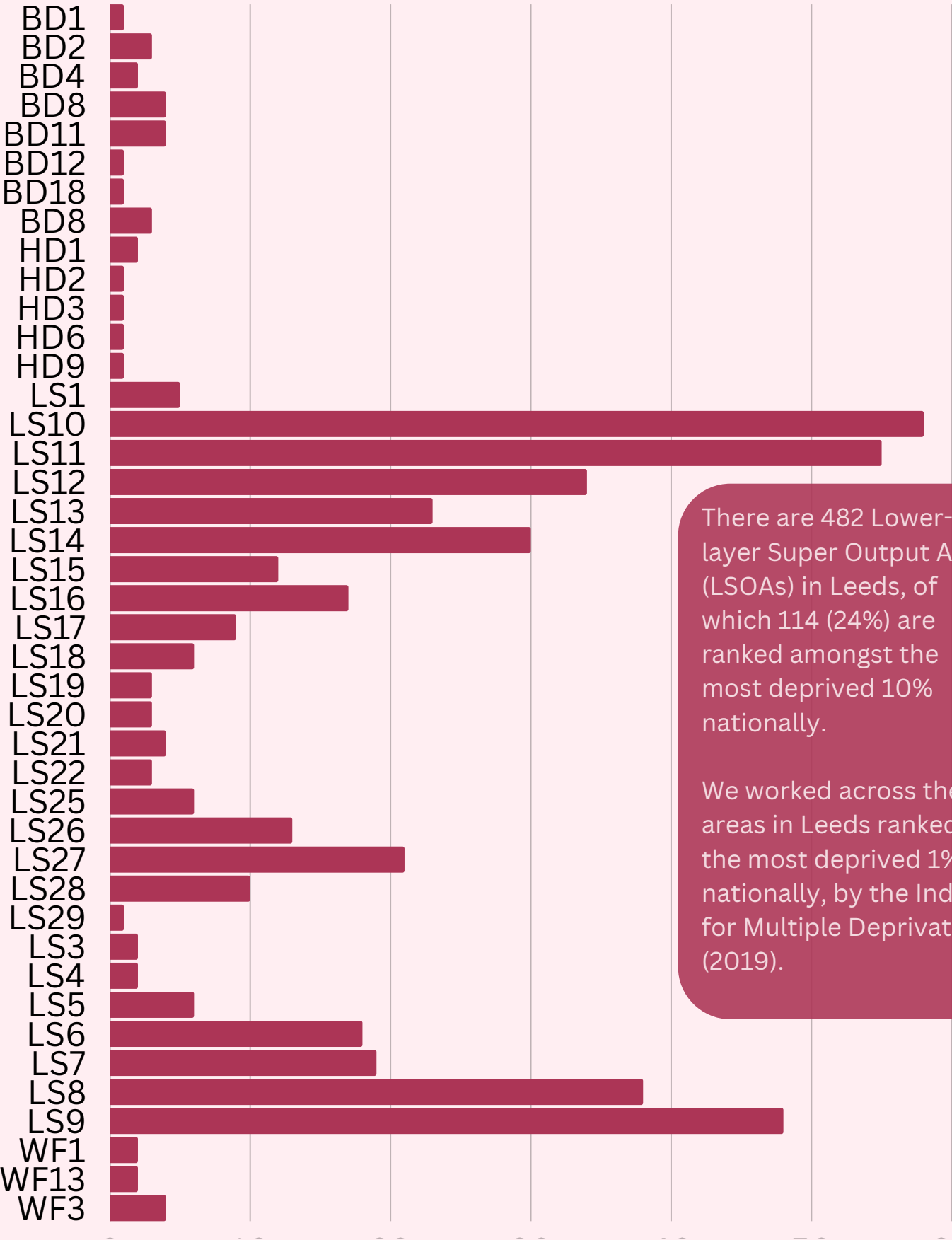
37 nationalities
(including British)

33 languages spoken

27%
of the women we
support are not British
nationals



Postcode Information

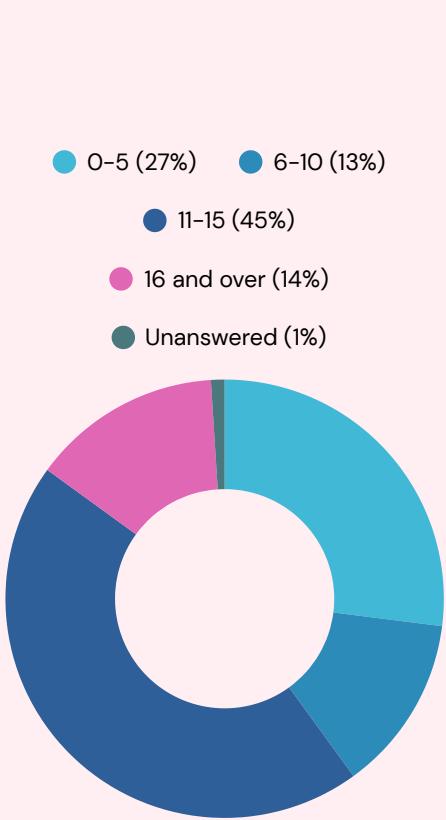


There are 482 Lower-layer Super Output Areas (LSOAs) in Leeds, of which 114 (24%) are ranked amongst the most deprived 10% nationally.

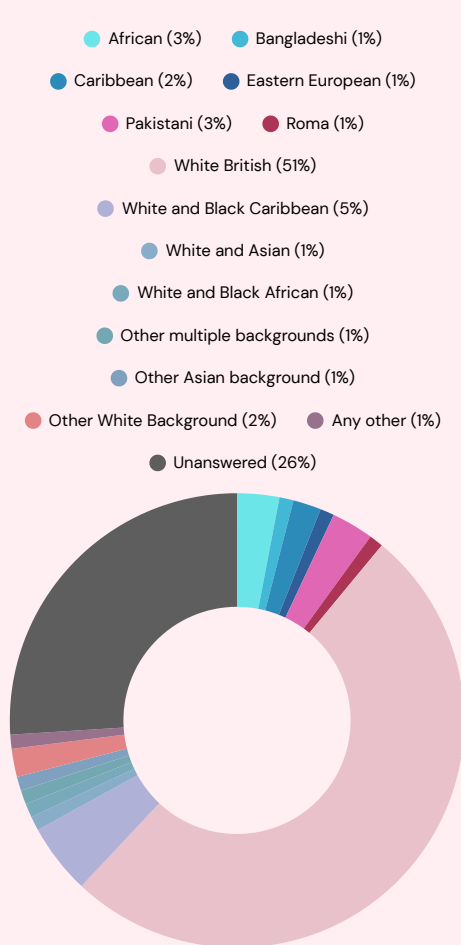
We worked across the 12 areas in Leeds ranked in the most deprived 1% nationally, by the Index for Multiple Deprivation (2019).

Database Information – Children

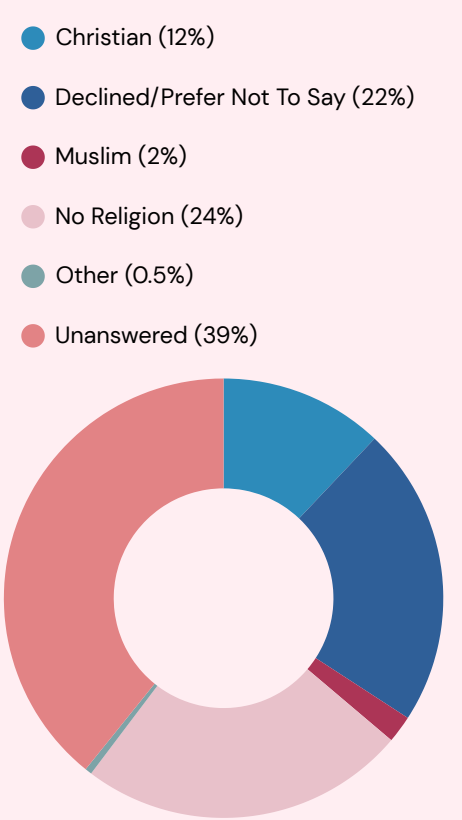
Age of Children



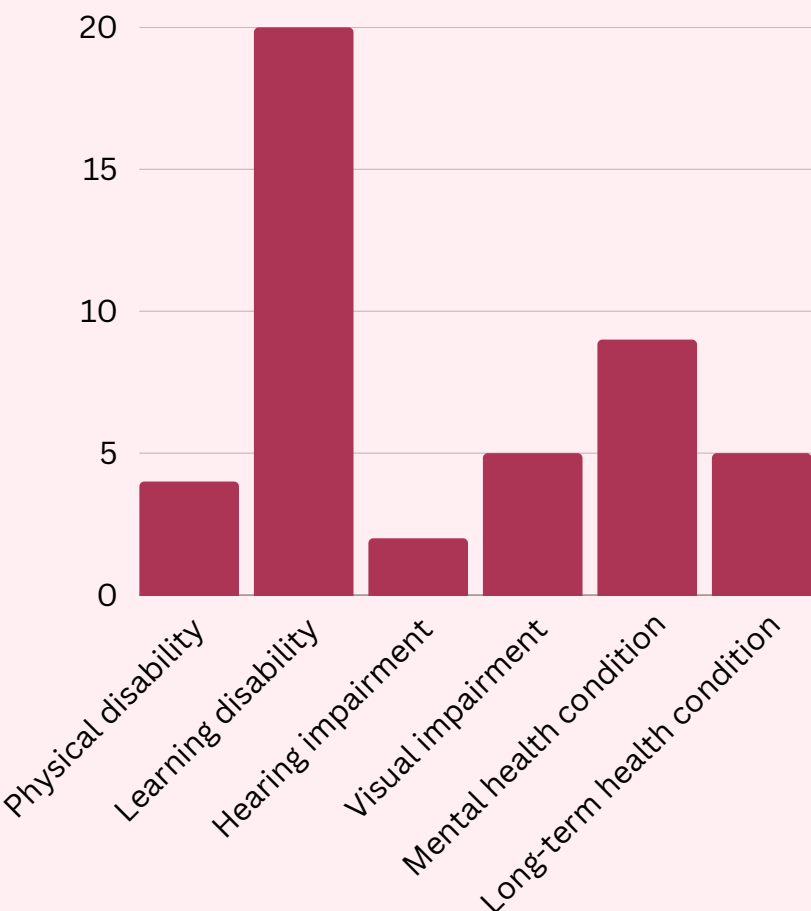
Ethnicity of Children



Religion of Children



Types of Disability



22%
of children have a disability

5%
of those with a disability
reported multiple disabilities

Snapshot Survey Data

WHM's Annual Snapshot Survey ran between **November 2024** and **February 2025**
90 (38%) out of the **235 women in service at the time** responded to the survey.

School, Work and Benefits



20% have had their benefits stopped, sanctioned or delayed

74% currently unemployed

89% of these have been unemployed for over 6 months

Police Contact



18% have had contact with the police as an alleged offender

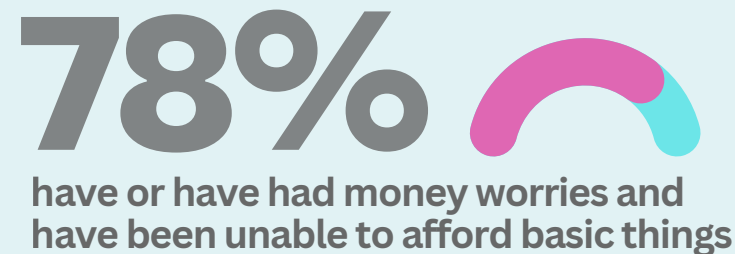
20% have been arrested

7% have been charged with a criminal offence

5% have been convicted of a criminal offence

2% have been to prison

Finances



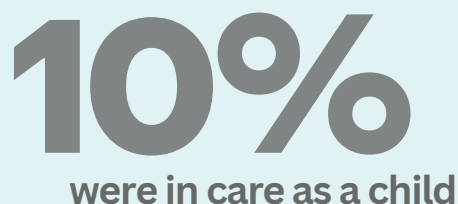
35% are currently or have been homeless

51% are or have previously been vulnerably housed

31% are in or have been in emergency accommodation

56% have used a foodbank

Statutory Services



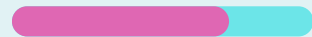
43% have had Children's Social Work Services involvement

16% have currently or previously had adult social care involvement

Health, Disability and Emotions

72%

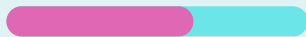
Currently identify
as having mental
health problems



18% have had mental health problems in the past

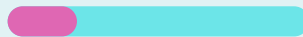
72%

are currently
feeling lonely



23%

are currently
self-harming



35%

currently
experience
suicidal thoughts



40% currently have a long-term health condition

23% have had long-term health conditions in the past

30% currently have a physical health condition or disability

20% have had a physical health condition or disability in the past

30% currently have a learning difficulty/disability

5% have had a learning difficulty/disability in the past

51% currently take antidepressants or other medication for mental health problems

16% have taken antidepressants or other medication for mental health problems in the past

7%

Currently have
problems with
alcohol

39%

Currently have
problems with food

8%

Currently have
problems with
substance misuse

"I feel more confident,
supported and I know
that I can keep going
forward"

71% currently lack of self-confidence

14% have had a lack of self-confidence in the past

18% have felt lonely in the past

32% have self-harmed in the past

31% have experienced suicidal thoughts in the past

19% have had problems with alcohol in the past

16% have had problems with substance misuse in the past

1% currently have problems with gambling

5% have had problems with gambling in the past

26% have had problems with food in the past

"I had poor mental health
and couldn't see how my
future was going to
improve"

Personal Experiences

95%



have experienced unhealthy or abusive relationships

18% have had a termination

38% have had a pregnancy loss/miscarriage

7% have experienced the death of a child

76% have experienced a close bereavement

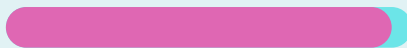
70%

have experienced physical abuse



95%

have experienced emotional abuse



61%

have experienced sexual abuse



5% have experienced Female Genital Mutilation(FGM)

6% have been trafficked

23% have been sexually exploited

31% have been sexually assaulted or raped as a child

48% have been sexually assaulted or raped as an adult

6% have experienced forced marriage

34% have taken on a carer's role for a friend or someone in their family

"I felt lonely because I hadn't met any other women who had experienced domestic abuse and trauma"

"I felt confused about what happened to me and how it happened. I felt shame, embarrassment and inadequacy"

71%



have been the victim of violence

52%



have witnessed domestic abuse as a child or teenager

"I was at an extremely low and vulnerable point in my life. I knew things were happening but couldn't articulate what it was"

Support Received

100%

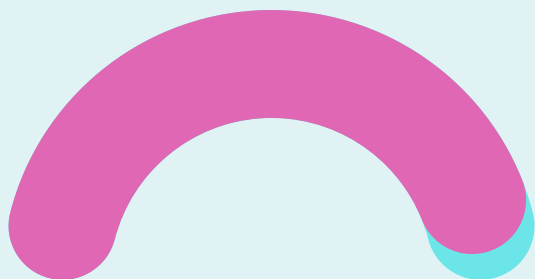
agree that they feel able to get the support that they need from WHM

76% agree that they now feel able to get the support needed from other services

62% agree that statutory services now listen to them

88% agree that they worry about what people will think if they know about the challenges they have faced

“Before I came to Women’s Health Matters I had no idea of the extent of abuse I was enduring. Here, I was able to educate myself and with the help of this amazing team I was able to leave my abuser. I have found the help and support that I could not find anywhere else”



96%

of women 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

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

93% agree that they feel better able to make their own choices following support

“My confidence and understanding of myself and my situation has increased tenfold. I am no longer ashamed of my past and have the ability to use my past as a strength to learn from”

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

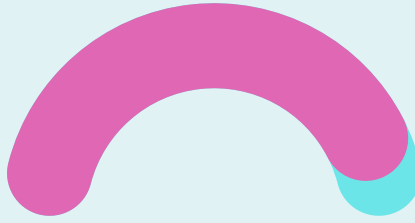
83% agree that they feel less lonely following support

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

“WHM have helped me find my voice and recognise that what happened to me does not define my future”

93%

agree that support received has improved their mental wellbeing



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

83% agree that support has improved their physical wellbeing

91% agree that they feel safer following support

81% agree that they feel less anxious following support

87% feel more positive about the future

78% feel more ready to get a job, access training, or volunteer following support

"It has given me a language to begin to process what has happened"

"I've finally found a group of women who wholeheartedly understand how I feel. It's made me feel a lot less lonely"

96%

agree that they better understand what abuse is following support



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



"WHM has given me 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. I feel the tools they've given me are supporting me to communicate better in all aspects of my relationships "

100%

felt happy with the service they received from WHM

Financial Support

80%

have received food, clothing and/or financial support from WHM



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

95% agree that receiving financial support from WHM has helped them and their family cope better with the cost of living crisis

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

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

Children

58%

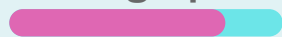
of women supported have children



of those with children:

79%

are single parents



20%

have a child in someone else's care



"I was feeling like I was a bad mum and that no matter what I did, it was never feeling like it was good enough"

30% have a child(ren) with a learning disability/difficulty

33% have a child(ren) with behavioural problems

26% have a child(ren) with emotional problems

2% have a child(ren) with a physical disability

32% have a child(ren) with mental health problems

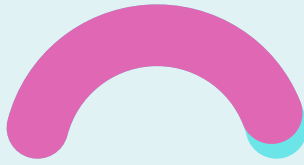
22% have current Children's Social Work Service involvement

34% have had children's social care involvement in the past

"I have become more confident in communicating my needs and talking about what I have been through"

Supporting Children

96%



of those with children agree that they have increased their confidence about parenting following support

“Going to 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”

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

97% of those with children agree that their children feel safer after support

97% of those with children agree that their children have improved mental wellbeing after support

85% of those with children agree that their children have made friends following support

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

95% of those with children agree that their children have learnt new things following support.

“WHM have helped me feel validated and able to navigate relationships in a healthier way”

100%

felt safe and comfortable leaving their children in our creche

28% of women with children accessed our creche support

64%

would not have been able to access support without our creche provision



“WHM has been a massive part of my healing journey and I wouldn't be where I am today without the support”



WHM

Telephone: 0113 276 2851

Email: info@womenshealthmatters.org.uk

f [@WHMleeds](#)

ig [@WHMleeds](#)

bf [@WHMleeds.bsky.social](#)

in [@women-s-health-matters](#)

laptop www.womenshealthmatters.org.uk

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

Find out more on how you can support us:
www.womenshealthmatters.org.uk/support-us