



Women's Health Matters exists to support women and girls to live safe and healthy lives. We achieve this by providing a holistic, trauma-informed service for women and girls who are socially, economically, or politically marginalised. We specialise in group work, peer support, and one-to-one support. Our broad health remit enables women experiencing violence and abuse to raise these issues in safety and receive support without stigma or partner suspicion.

Art of Her offers creative wellbeing sessions designed to support young women aged 16-25 who are seeking to improve their mental health and emotional well-being.

Art Therapy offers one-to-one sessions for women already supported by WHM services to work creatively in an encouraging and non-judgemental environment, with a choice of materials at hand.

Being You Leeds (with Touchstone) offers wellbeing activities, mental health training and signposting.

Bluebirds is a project for women and girls aged 11+ who have experienced gender-based crimes, such as domestic abuse, violence and sexual assault, and as a result, are experiencing mental ill-health.

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 may be at risk of having a child removed into care as a result.

Cuppa & Connect provides a welcoming space for women to meet new people and connect with others.

Digital Support Library is available to women accessing WHM projects, offering device loaning (including smartphones and Chromebooks), data packs, and Wi-Fi access.

Emergency Fund supports women accessing WHM projects who are in desperate need by offering financial support to those who need it.

Family Canvas is an arts-based project that aims to give women and their families an opportunity to explore their creativity in an encouraging and non-judgmental environment.

Feel Good is a health and well-being education group for women with learning disabilities.

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

Leeds Domestic Violence Service Peer Support and Education Groups for any woman who has experienced or is experiencing domestic violence, which run across the city.

LDVS Sanctuary Support for women requiring security measures, safety planning, one-to-one support.

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

Our Circle supports women and girls who have had experience of the care system and are pregnant or have a child under 5 to build their parenting confidence, strengthen relationships, and share experiences.

Pregnancy Choices Advocacy Service offers impartial one-to-one support and information on maternity and termination options.

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.

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

Training including Domestic Violence Awareness, Menopause Awareness & Wellbeing, Understanding the Impact of Child Removal, and other bespoke packages for professionals and organisations.

Volunteering and student placement opportunities

To make a referral, please use the online form on our website www.womenshealthmatters.org.uk
For more information about any of our work, please visit our website or call us on **0113 2762851**