



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.

**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.

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

**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](http://www.womenshealthmatters.org.uk)  
For more information about any of our work, please visit our website or call us on **0113 2762851**